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Stress Relief

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CAMEL



TREE POSE



LORD OF
THE FISHES



COW FACE



EASY POSE



WARRIOR III



CHAIR



PIGEON

Stress Relief For Beginners

Y Pai



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in his recent editorial in diseases of the colon and rectum about the status and future of robotic crs marecik noted that the technology has advanced significantly in the past few years 2019 62 9 1025 1027 its original use mostly as a tool for rectal surgery has expanded to the colon market which is now 4 times larger than the rectal

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the purpose is to explore the history of robotics and minimally invasive surgery describe the currently available technology

present instructions for using it and provide detailed descriptions of robotic colon and rectal resections

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