

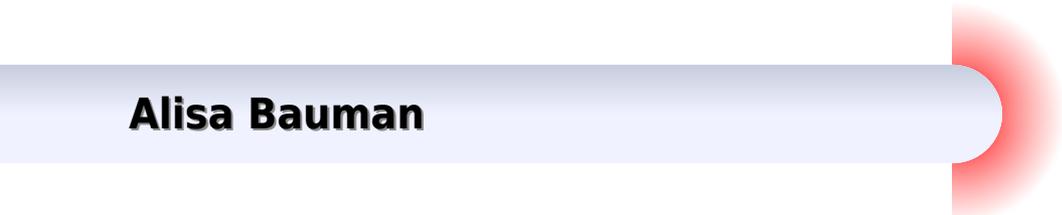
YOGA ALIGNMENT

How To Use The Principles
Of Yoga Alignment To
Improve Your Practice



Yoga Alignment And Form

Alisa Bauman



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