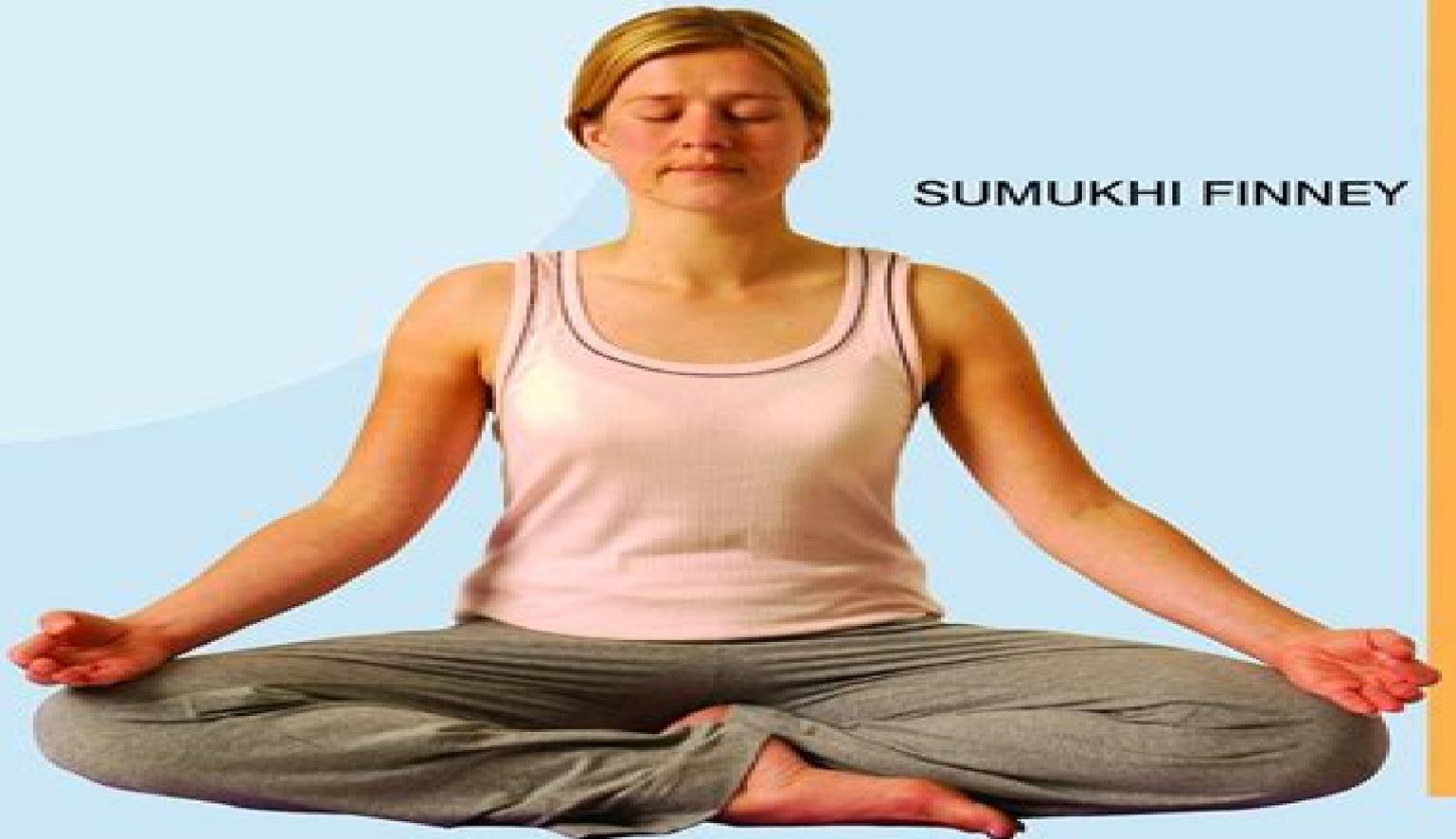


A Young Woman's Guide to Health and Well-Being

# THE YOGA HANDBOOK

SUMUKHI FINNEY



# The Yoga Handbook

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