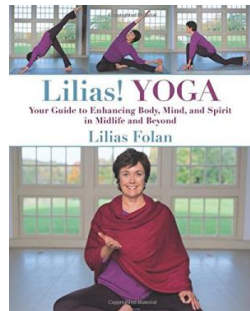


Liliyas! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyo



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