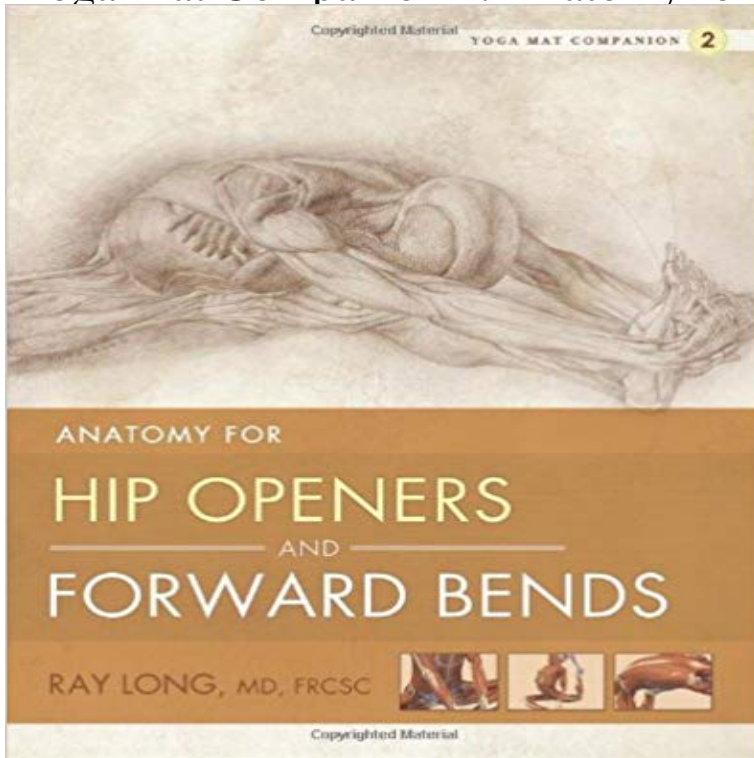


## Yoga Mat Companion 2: Anatomy for Hip Openers and Forward Bends



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