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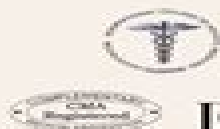
# BEGINNERS YOGA WORKBOOK

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## Inside the workbook?

- 6 yoga poses for strength
- Yoga sequence and video
- Mini breakdown of poses
- Yoga journal and prompts



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# Yoga For Beginners This Week Open Now

**Clifford Lane**



## **Yoga For Beginners This Week Open Now:**

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