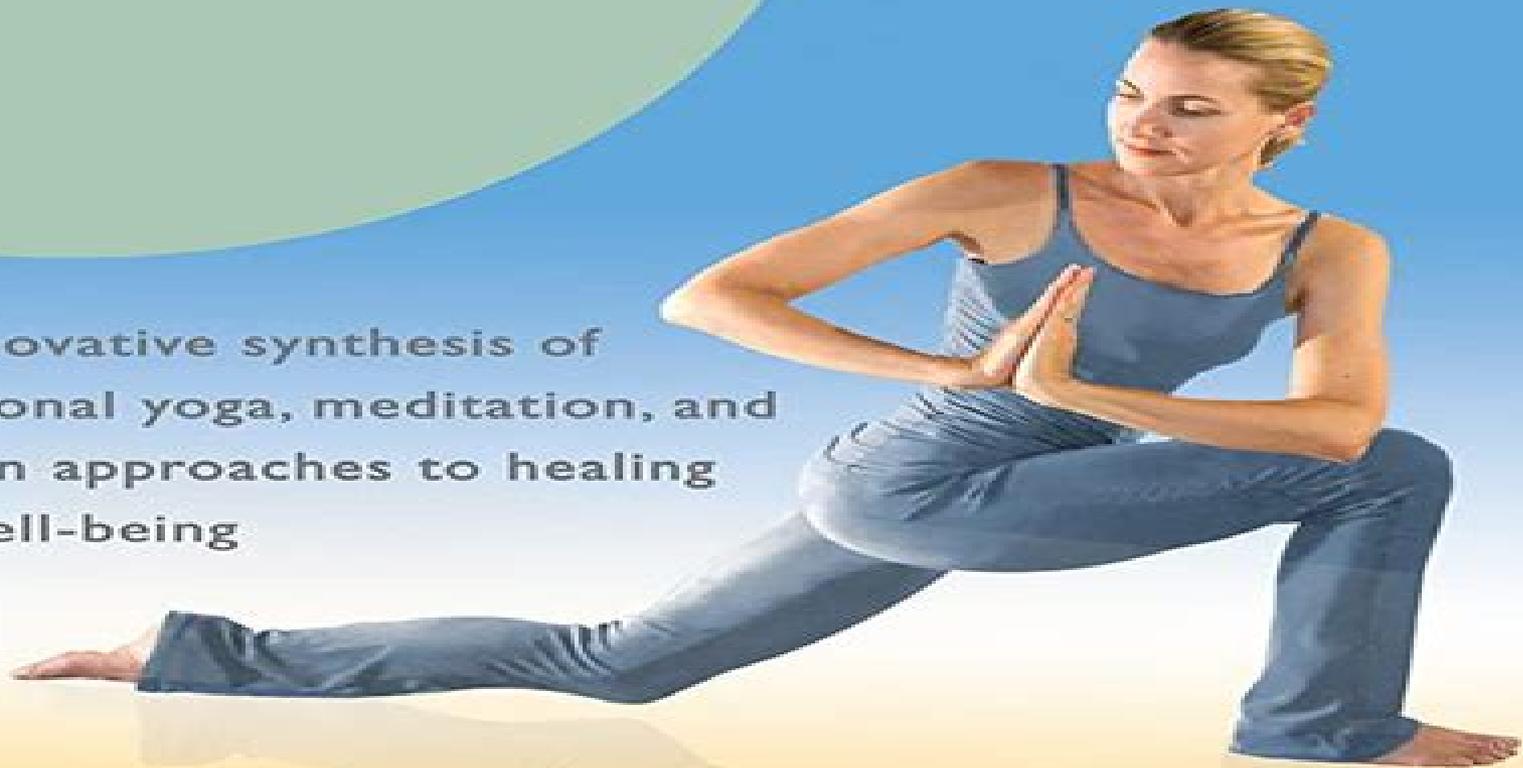


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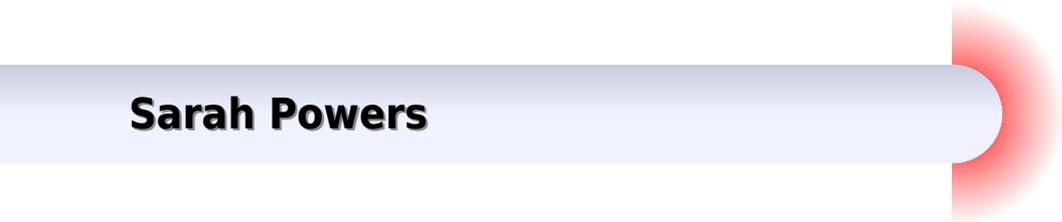
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**Sarah Powers** *Foreword by* **Paul Grilley**

# Insight Yoga

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