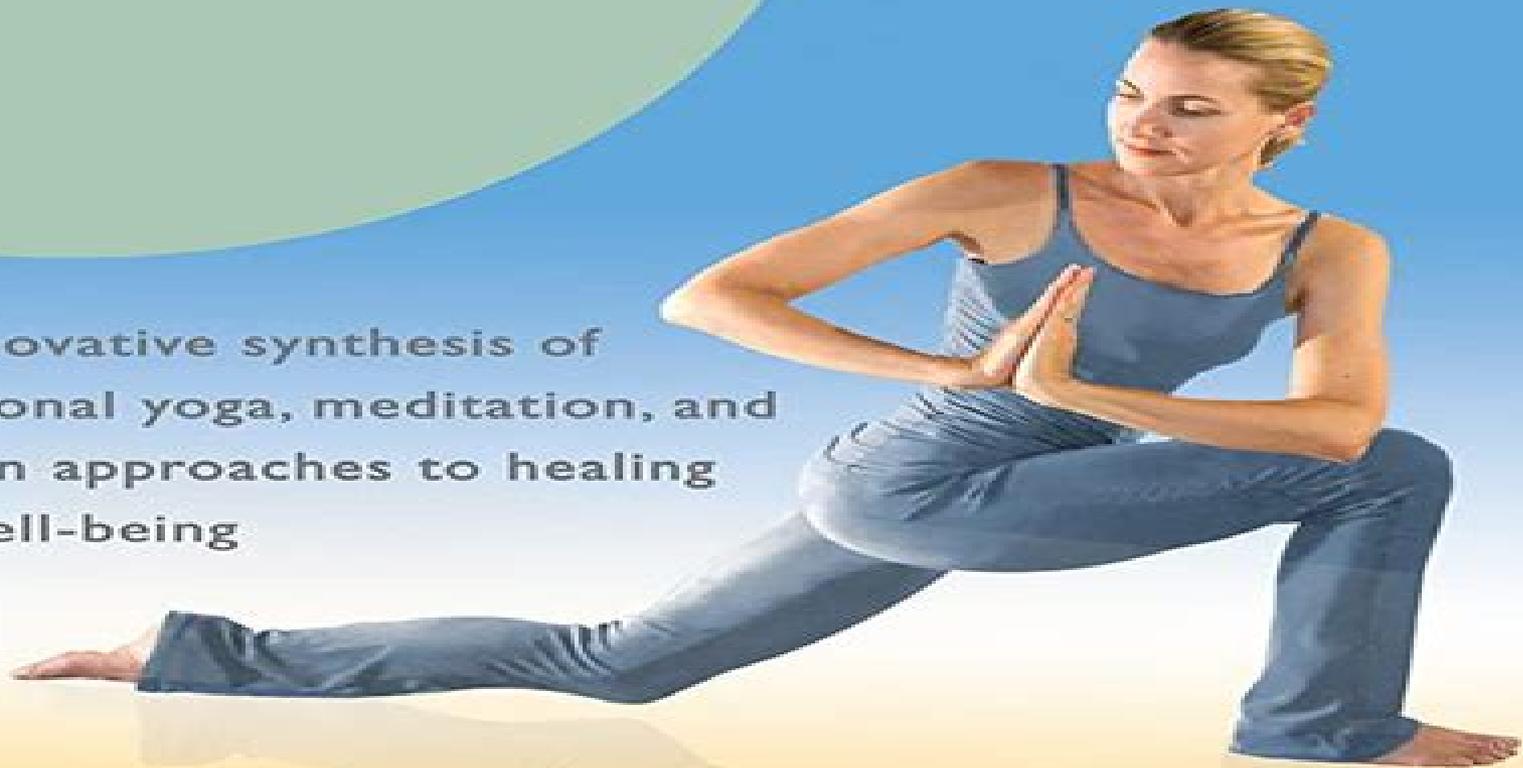


# INSIGHT YOGGA

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Eastern approaches to healing  
and well-being



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

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**Winthrop Sargeant**



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