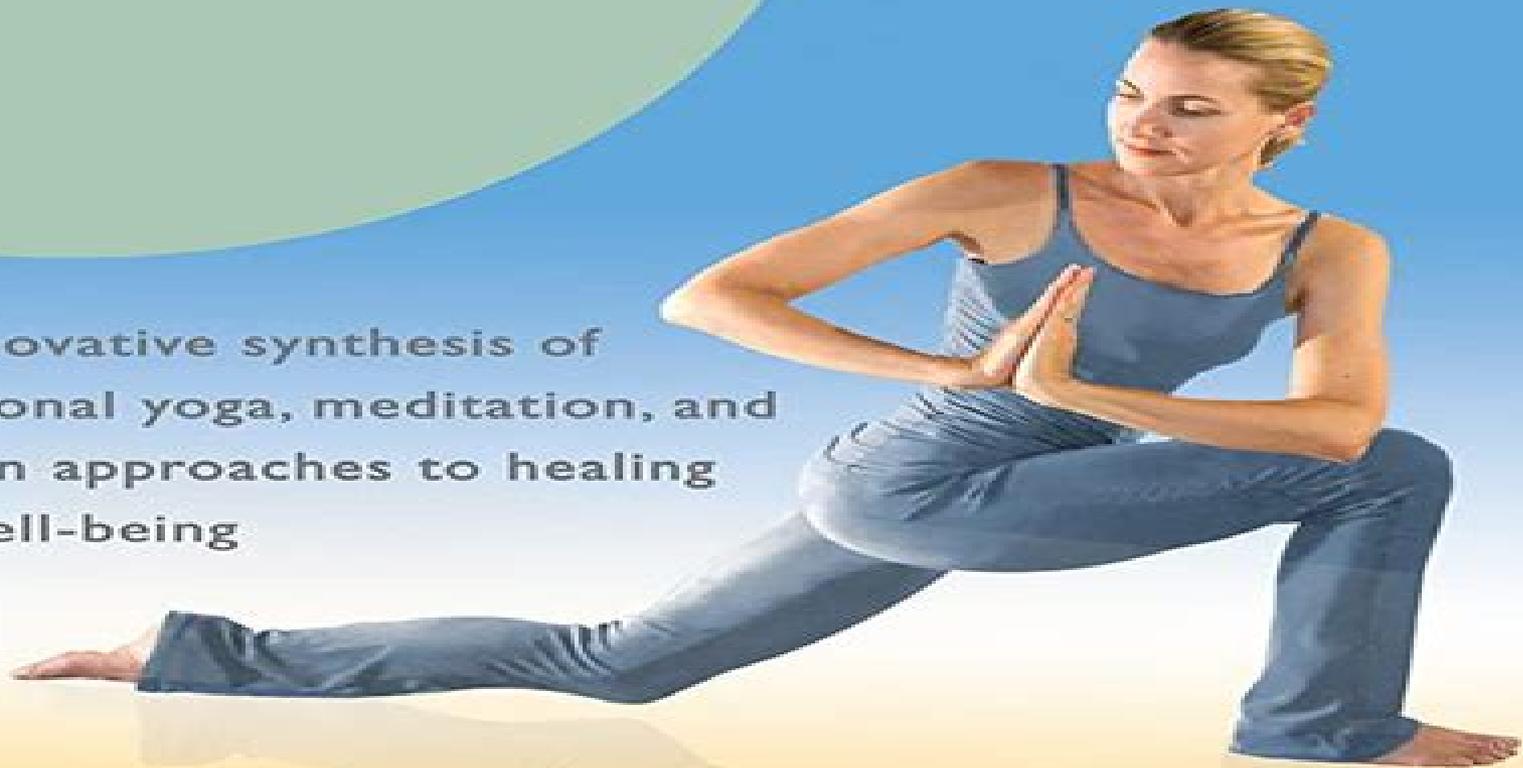


# INSIGHT YOGGA

An innovative synthesis of  
traditional yoga, meditation, and  
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and well-being



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

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