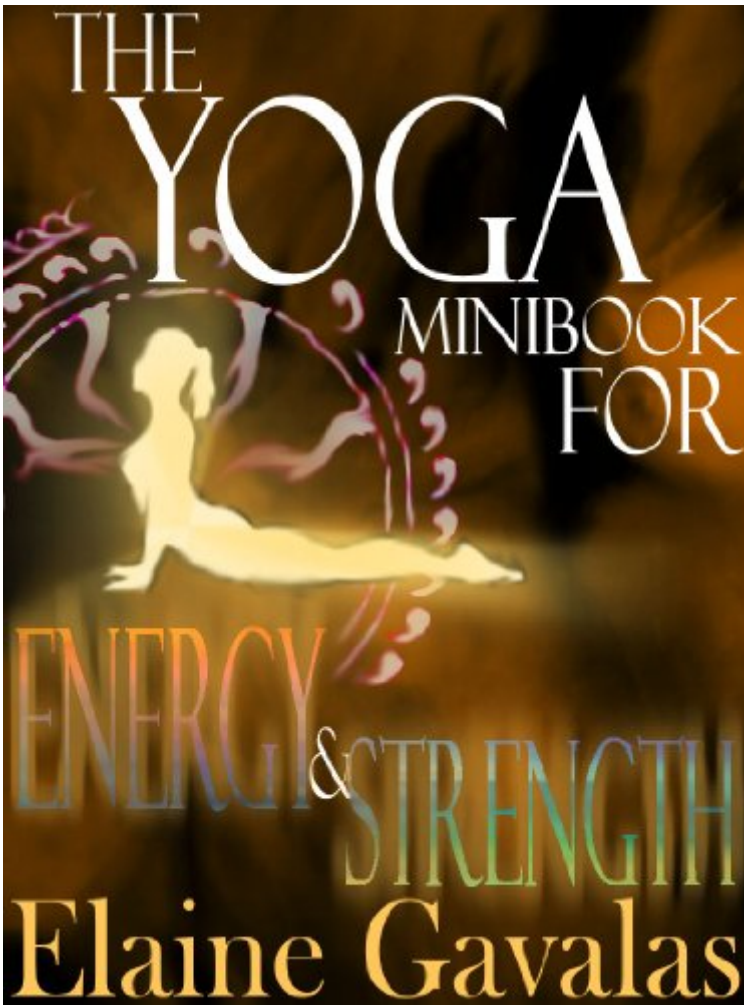


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# The Yoga Minibook for Energy and Strength (The Yoga Minibook Series 4) (English Edition)



*Par Elaine Gavalas*  
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strength and functional fitness with strength-training yoga and weights\* Fight chronic fatigue, fibromyalgia and other degenerative syndromes with restorative yoga and chair yoga\* Tune up your energy centers with Chakra Yoga