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Northern California Jewish Bulletin ,1983 **The Wire** ,2007 **Do More YOGA** Yoga energy Publishing,2021-03-10 This 100 Days of Yoga Challenge is specially designed to help deepen your yoga practice and bring about a calm sense of reflection and joy *Mind Body Before and After* This section allows you to visualize and reflect on how yoga affects your body in both a physical and spiritual sense Recording your thoughts here can help deepen your practice Features Compact 6x9 size 103 pages Premium soft matte paperback cover Each page features prompted sections to fill in Perfect gift for yoga

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