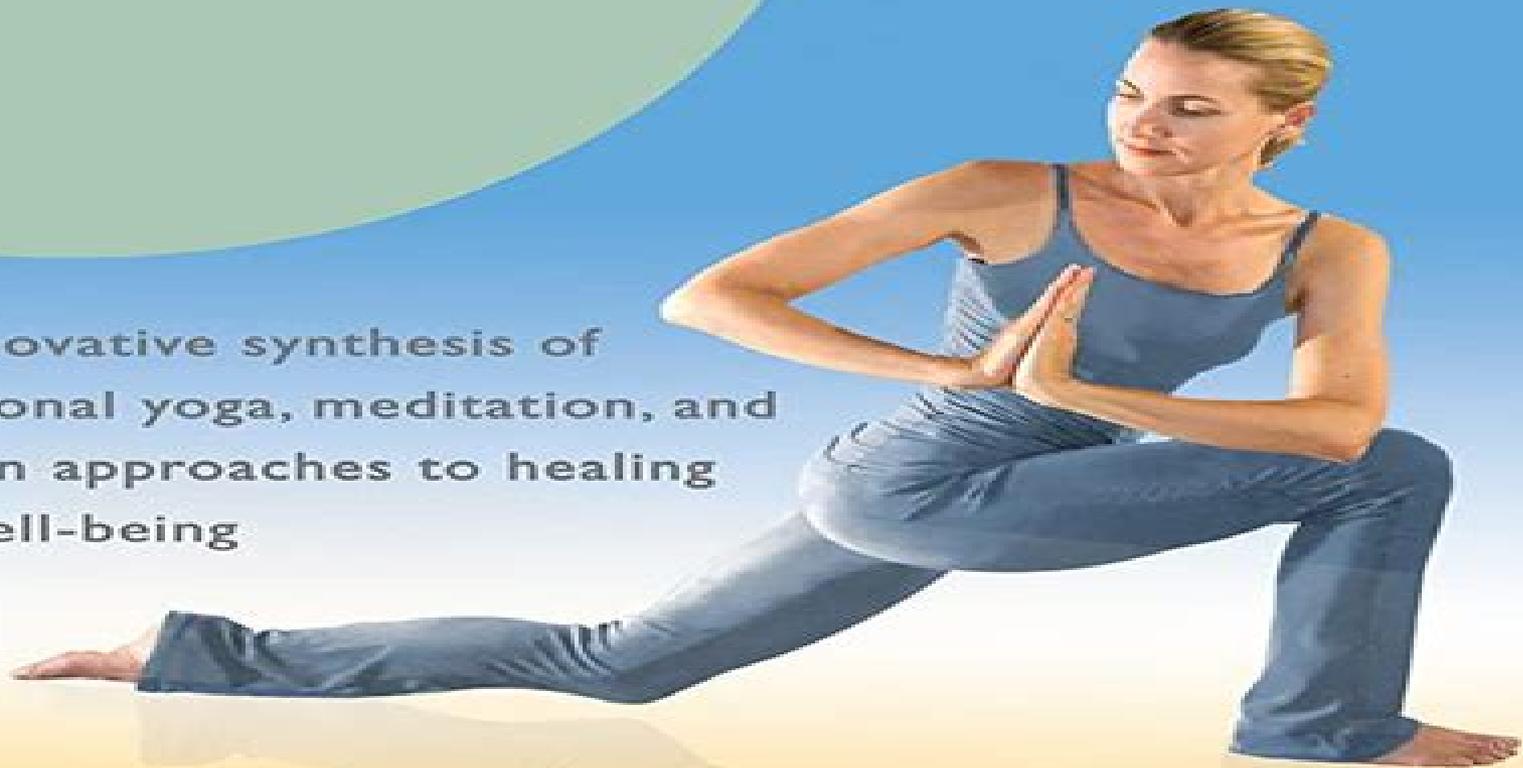


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An innovative synthesis of
traditional yoga, meditation, and
Eastern approaches to healing
and well-being



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Insight Yoga

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