

YOGA PLUGIN SLIM YOGA I

BENJAMIN LORR

📖 **SLIM CALM SEXY YOGA** TARA STILES, 2010-08-31 Explains how to use fifteen-minute yoga sessions to lose weight, reduce stress, stay healthy, look great, and even have better sex.

📖 **WE FLOW HARD** SARAH LEVEY, MASON LEVEY, 2018-01-02 Y7 Studios co-founders Sarah and Mason Levey bring their practice to readers with *We Flow Hard*, a fitness and lifestyle book. Y7 embodies a modern, streamlined approach to the ancient practice of vinyasa, fusing edgy aspiration with flowing, individualized yoga sequences. As practical as it is inspirational, *We Flow Hard* includes sections on the history and benefits of yoga, the art of crafting the perfect workout playlist, and tips on incorporating yogic practices and meditation into a contemporary lifestyle. At the book's core is a series of yoga sequences, from targeted abs and ass moves to a Y7 spin on traditional vinyasa, and advice on customizing a yoga practice for your own skills and goals.

📖 **THE YOGA BODY DIET** KRISTEN SCHULTZ DOLLARD, JOHN DOUILLARD, 2010-04-13 A yoga body is the one you have now, only healthier. This book is your complete guide to how to get it. And the benefits don't stop at your appearance. At the end of 4 short weeks, you'll feel better, you'll think more clearly, and you'll find it's much easier to keep a positive mindset and roll with life's inevitable punches. It's not as difficult as you might think! Here's how it works: The newest research has demonstrated beyond the shadow of a doubt that active relaxation triggers better blood flow to your organs, improving digestion and immune function. Yoga also puts you more in touch with your body, decreases stress and blood pressure, and regulates your nervous system, cultivating balance in the body. And it pulls muscle toward bone, creating a lithe and lean frame rather than gym-built bulk. The Yoga Body Diet shows you exactly how to eat well, shop wisely, and stretch yourself slim. The best part? No yoga experience necessary. On this easy, 4-week plan, you will eat, move, and think according to your natural rhythms. You'll relax your systems rather than stressing them out, so that you won't experience the intense hunger pangs that often come when the body is in overdrive. In 4 short weeks, The Yoga Body Diet shows you how to de-stress your life, balance your system, and get the yoga body you've always wanted...for life.

📖 **LOVE YOGA** RANDALLE LOVE, 2019-03-29 SWIRLED.COM [1] - Absolutely mesmerizing. Every bit as artistic as it is inspirational. Om Yoga & Lifestyle Magazine - A truly stunning book, showcasing the art of yoga,

WITH THE ABILITY TO TOUCH YOUR SOUL. ONLINEBOOKCLUB.ORG [2] - 4 OUT OF 4 STARS. READERS WHO ENJOY ART, PHOTOGRAPHY AND ANY WHO ARE LOOKING FOR INSPIRATION WILL FIND THIS BOOK JUST AS ENJOYABLE AS ANY YOGA ENTHUSIAST WOULD. LINKS: ----- [1] [HTTP://SWIRLED.COM](http://SWIRLED.COM) [2]

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📖 **SLIMMING WITH YOGA** DODI SCHULTZ, 1969

📖 **RETOX** LAUREN IMPARATO, 2016-02-02 PRACTICAL HEALTH AND WELLNESS STRATEGIES FOR REAL LIFE FROM LAUREN IMPARATO, CREATOR OF THE I.AM.YOU. LIFESTYLE BRAND AND YOGA STUDIO. REST TO RAGE. MEDITATE TO WORK.

CLEANSE TO GET DIRTY. ENOUGH PREACHING ABOUT SELF-DEPRIVATION. NO MORE STRIVING FOR BODILY PURITY. WHO HAS THE PATIENCE—OR THE TIME!—FOR STRICT DIETARY RESTRICTIONS AND HOURS OF MEDITATION? LET’S GET REAL. THESE TACTICS JUST DON’T WORK—AT LEAST NOT FOR LONG. BUT THAT DOESN’T MEAN HEALTH AND HAPPINESS ARE UNOBTAINABLE. MOST OFTEN YOU JUST NEED AN ANXIETY BUSTER YOU CAN DO WHILE RUNNING DOWN THE STREET. OR A YOGA POSE YOU CAN DO AT YOUR DESK. OR A WAY TO DEBLOAT WHAT FEELS LIKE AN ALIEN BABY IN YOUR ABDOMEN. RETOX ISN’T ABOUT CHANGING WHO YOU ARE OR DENYING LIFE’S PLEASURES. IT’S ABOUT TAILORING SENSIBLE, SCIENTIFICALLY-BASED HEALTH PRACTICES TO THE LIFE YOU ALREADY LIVE. IT’S ABOUT WORKING HARD, PLAYING HARDER, AND RENEWING YOUR BALANCE AND ENERGY SO YOU CAN DO IT ALL AGAIN. IN RETOX, HEALTH EXPERT LAUREN IMPARATO STRIPS YOGA DOWN TO ITS ANATOMICAL PRINCIPLES, OFFERING PRACTICAL TIPS FOR FAST RELIEF. THEN, DRAWING FROM A VARIETY OF DISCIPLINES—FROM PSYCHOLOGY TO NUTRITION TO TIBETAN PHILOSOPHY—SHE DESIGNS NO-NONSENSE STRATEGIES AND DELICIOUS RECIPES TO COMBAT THE MOST COMMON CHALLENGES OF MODERN LIFE: • STRESS AND ANXIETY • LOW ENERGY • BACK PAIN AND HEADACHES • HANGOVERS • PMS • SLEEP DEPRIVATION • AND MUCH MORE...

📖 **YOGA AFTER 50 FOR DUMMIES** LARRY PAYNE, 2020-07-07 IMPROVE BALANCE, FLEXIBILITY, AND OVERALL WELL-BEING YOGA IS A TERRIFIC WAY TO STAY FIT AND IMPROVE MENTAL CLARITY, BALANCE, AGILITY, AND FLEXIBILITY. WRITTEN BY THE FOUNDING PRESIDENT OF THE INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS, THIS BOOK TAKES THE GUESSWORK OUT OF STARTING OR CONTINUING YOGA AT 50 AND BEYOND. YOU’LL LEARN HOW TO ADAPT STANCES AND BREATHING TO YOUR CHANGING BODY TO REAP THE BENEFITS OF THIS ANCIENT PRACTICE AND USE IT TO CALM YOUR MIND AND BODY—ONE POSE AT A TIME. - DISCOVER STEP-BY-STEP INSTRUCTIONS FOR MORE THAN 45 POSES - RELIEVE STRESS - LEVERAGE YOUR BREATHING - TARGET WEAK SPOTS, AVOID INJURY, AND DEAL WITH PAIN AND CHRONIC CONDITIONS - DISCOVER YOGA POPULAR APPS LARRY PAYNE, PH.D, IS THE FOUNDING PRESIDENT OF THE INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS AND COAUTHOR OF YOGA FOR DUMMIES.

NAMED “ONE OF AMERICA’S MOST RESPECTED YOGA TEACHERS” BY THE LOS ANGELES TIMES, HE ALSO DEVELOPED THE YOGA PROGRAM AT UCLA SCHOOL OF MEDICINE AND LOYOLA MARYM

📖 **SLIMMING WITH YOGA** AUDREY T. WEBB, 1974

📖 **HELL-BENT: OBSESSION, PAIN, AND THE SEARCH FOR SOMETHING LIKE TRANSCENDENCE IN COMPETITIVE YOGA** BENJAMIN LORR, 2012-10-30 AUTHOR BENJAMIN LORR WANDERED INTO A YOGA STUDIO—AND FELL DOWN A RABBIT HOLE HELL-BENT EXPLORES A FASCINATING, OFTEN SURREAL WORLD AT THE EXTREMES OF AMERICAN YOGA. BENJAMIN LORR WALKED INTO HIS FIRST YOGA STUDIO ON A WHIM, OVERWEIGHT AND CURIOUS, AND QUICKLY FOUND THE YOGA REINVENTING HIS LIFE. HE WAS STUDYING BIKRAM YOGA (OR HOT YOGA) WHEN A RUN-IN WITH A MASTER AND COMPETITIVE YOGA CHAMPION LED HIM INTO AN OBSESSIVE SUBCULTURE—A GROUP OF YOGIS FOR WHOM EIGHT HOURS OF PRACTICE A DAY IN 110- DEGREE HEAT WAS JUST THE BEGINNING. SO BEGINS A JOURNEY. POPULATED BY ATHLETIC PRODIGIES, WIDE-EYED CELEBRITIES, LEGITIMATE MEDICAL MIRACLES, AND PREDATORY HUCKSTERS, IT’S A NATION-SPANNING TRIP—FROM THE JAM-PACKED STUDIOS OF NEW YORK TO THE ATHLETIC PERFORMANCE LABS OF THE UNIVERSITY OF OREGON TO THE STAGE AT THE NATIONAL YOGA ASANA CHAMPIONSHIP, WHERE LORR COMPETES FOR GLORY. THE CULMINATION OF TWO YEARS OF RESEARCH, AND FEATURING HUNDREDS OF INTERVIEWS WITH YOGIS, SCIENTISTS, DOCTORS, AND SCHOLARS, HELL-BENT IS A WILD EXPLORATION. A LOOK AT THE SCIENCE BEHIND A CONTROVERSIAL PRACTICE, A STORY OF GREED, NARCISSISM, AND CORRUPTION, AND A MIND-BENDING TALE OF PERSONAL TRANSFORMATION, IT IS A BOOK THAT WILL NOT ONLY CHALLENGE YOUR CONCEPTION OF YOGA, BUT WILL CHANGE THE WAY YOU VIEW THE FRAGILE, INSPIRATIONAL LIMITS OF THE HUMAN BODY ITSELF.

📖 **YOGA FOR WEIGHT LOSS** OLIVIA SUMMERS, 2015-04-15 YOGA FOR WEIGHT LOSS IS ALL YOU NEED TO COMPLETELY TRANSFORM YOUR BODY IN JUST 90 DAYS! IF SWEATING IT OUT AT THE GYM FOR HOURS ON END JUST ISN’T YOUR THING (DON’T WORRY, IT’S NOT MINE, EITHER) THEN YOU’RE GOING TO LOVE MY BOOK ON YOGA FOR WEIGHT LOSS. MY NAME IS OLIVIA SUMMERS AND I’M A CERTIFIED YOGA TEACHER AND I’M HERE TO TELL YOU THAT YOU DON’T HAVE TO HAVE A GYM MEMBERSHIP TO GET THE BODY YOU’VE ALWAYS DREAMED OF. YOU MIGHT BE THINKING TO YOURSELF, WHY SHOULD I LISTEN TO HER? WELL, I DIDN’T ALWAYS HAVE A NATURALLY SLIM AND SEXY BODY. IN FACT, I USED TO BE MORE THAN 50 POUNDS OVERWEIGHT! SO BELIEVE ME WHEN I SAY I KNOW WHERE YOU’RE COMING FROM. LOSING WEIGHT IS HARD. THERE’S NO NEED TO COMPLICATE IT WITH STRESSFUL DIETS AND COMPLICATED WORKOUT ROUTINES. ALL YOU NEED TO GET A YOUTHFUL SEXY BODY IS WITHIN THE PAGES OF THIS BOOK. BY UTILIZING THE POWER OF YOGA YOU WILL BE ABLE TO TRANSFORM YOUR ENTIRE MIND AND BODY

AND HAVE MORE THAN YOU EVER DREAMED WAS POSSIBLE. YOGA FOR WEIGHT LOSS WILL TEACH YOU EVERYTHING YOU NEED TO KNOW IN ORDER TO DROP THE WEIGHT, TRIM INCHES AND FEEL YOUNGER! HERE'S A SNEAK PEEK AT WHAT YOU'LL LEARN... HOW EXACTLY YOGA PROMOTES WEIGHT LOSS 15 POSES TO BURN FAT AND TRIM INCHES (PICTURES INCLUDED!) A GUIDE TO THE TRADITIONAL YOGIC DIET THE EXACT TYPE OF DIET THAT IS BEST FOR YOUR BODY WHY YOU DON'T HAVE TO BE VEGAN OR VEGETARIAN TO BE A YOGI THE AVERAGE NUMBER OF CALORIES YOU CAN BURN FROM AN INTENSE YOGA SESSION MINDFUL MEDITATION TO BEAT FOOD CRAVINGS HOW TO SET & BE SUCCESSFUL WITH YOUR WEIGHT LOSS GOALS THE BEST FORM OF YOGA TO LOSE THE MOST WEIGHT WHY STRESS IS MAKING YOU FAT-AND WHAT YOU CAN DO ABOUT IT PLUS, SO MUCH MORE! SO IF YOU'RE READY TO CONNECT YOUR MIND AND BODY THROUGH YOGA AND FEEL THE BEST YOU EVER HAVE, THEN YOGA FOR WEIGHT LOSS IS THE ANSWER YOU'VE BEEN LOOKING FOR!

📖 *JOURNEY INTO POWER* BARON BAPTISTE, 2002 A GUIDE TO PHYSICAL, MENTAL, AND SPIRITUAL TRANSFORMATION EXPLAINS HOW TO REWIRE THINKING, CLEANSE DIET HABITS, MEDITATE FOR TRUTHFUL LIVING, AND DO TEN-MINUTE TUNE-UPS THAT BOOST ENERGY AND ALLEVIATE STRESS.

📖 *CURVY YOGA* @ ANNA GUEST-JELLEY, 2017 YOGA IS FOR EVERYONE, NOT JUST THE YOUNG AND LITHE! GUEST-JELLEY UNDERSTANDS WHAT IT'S LIKE TRYING TO FORCE YOURSELF INTO POSES THAT WON'T TAKE AND FEELING SHORT OF BREATH ... SO SHE CREATED CURVY YOGA TO EMBRACE ALL SHAPES AND SIZES. DISCOVER HOW YOGA CAN HELP YOU CONNECT WITH YOUR BODY. -- ADAPTED FROM BACK COVER.

📖 *YOGA FOR WEIGHT LOSS* CELIA HAWE, 2007 THIS IS THE ONLY BOOK TO COMBINE DIET AND YOGA IN A TRIED AND TESTED PROGRAMME GUARANTEED TO MAKE YOU SLIMMER IN JUST 4 WEEKS. A MASSIVE 34 MILLION PEOPLE IN THE UK WENT ON A DIET LAST YEAR. A THIRD OF THOSE GAVE UP HALF WAY THROUGH BECAUSE THEY FOUND IT TOO DIFFICULT TO STICK TO. OVER 90 PER CENT REGAINED THE WEIGHT THEY HAD LOST ONCE THE DIET ENDED. SLIMMING THROUGH YOGA IS A LASTING SOLUTION TO THE ENDLESS CYCLE OF WEIGHT GAIN AND WEIGHT LOSS THAT ULTIMATELY DEFEATS MAINSTREAM DIETS - A HIGHLY EFFECTIVE AND FUN WAY TO LOSE WEIGHT, GET FIT AND ACHIEVE A MORE POSITIVE SELF-IMAGE. IT IS WRITTEN BY ONE OF THE COUNTRY'S MOST SUCCESSFUL YOGA TEACHERS WHOSE INSPIRATIONAL WORK IS KNOWN ALL OVER THE WORLD.

📖 *FAT 2 FIT YOGA* VIPUL H. TIWARI, 2017-07-10 TRY A GOOGLE IMAGE SEARCH OF YOGA, AND WHAT DO YOU NOTICE ABOUT THE PEOPLE IN THE PHOTOS? FOR ONE, MOST OF THEM ARE WOMEN--SKINNY, FIT WOMEN. THERE'S A THIN WOMAN ON THE BEACH IN WARRIOR POSE; THERE'S A THIN WOMAN IN FRONT OF THE SUNSET IN TREE POSE; AND HEY, THERE'S A THIN WOMAN IN THE WOODS IN LOTUS POSE.

THIS THEME OF SKINNY YOGIS ISN'T WRONG, AND IT'S HARDLY SURPRISING--THIN SELLS, ESPECIALLY FITNESS ROUTINES. BUT EVEN IF IT'S NOT IMPLICITLY SAID, INCLUDING ONLY SKINNY WOMEN IN YOGA IMAGES AND INCLUDING ONLY POSES CONDUCIVE TO SKINNY BODIES IN TEACHINGS CAN MAKE YOGA, WELL, NOT SO INCLUSIVE. YOU GET TO THINK THAT YOGA AND ITS HEALTH BENEFITS, SUCH AS STRESS REDUCTION AND IMPROVED FITNESS, ARE BEST FOR THIN PEOPLE, AND NOT SO MUCH FOR THE 36 PERCENT OF U.S. ADULTS AND SHOCKINGLY 2.1 BILLION OBESE PEOPLE ON OUR BLUE PLANET. NOT TRUE. YOGA IS FOR ALL TYPES OF SHAPES AND SIZES IF YOU JUST KNOW HOW TO START. WHAT TIPS CAN MAKE YOGA MORE COMFORTABLE FOR ME?*

*** WIDEN YOUR STANCE :** IN MANY STANDING POSTURES, FEET ARE OFTEN SUPPOSED TO BE HIP-WIDTH APART. BUT IF YOU'RE BIGGER, IT MAY HELP TO SPREAD YOUR FEET FARTHER UNTIL THEY'RE AT A COMFORTABLE DISTANCE TO INCREASE STABILITY*

*** KNOW YOUR BODY :** IF THE SKIN OF YOUR BELLY, THIGHS, ARMS OR BREASTS GETS IN THE WAY GRAB ON AND MOVE IT. THIS TYPE OF INSTRUCTION MAY NOT BE WRITTEN IN THE SCRIPTS OF MOST TRADITIONAL YOGA CLASSES, SO TAKE THE INITIATIVE TO MAKE YOU MORE COMFORTABLE.*

*** USE PROPS :** IF YOUR INSTRUCTOR WANTS YOU TO TOUCH YOUR HANDS TO YOUR TOES FOR A HAMSTRING STRETCH, DON'T RESPOND WITH A SARCASTIC EYE ROLL. A YOGA STRAP CAN HELP YOU ACHIEVE THIS STRETCH AND SUPPORT YOU IN OTHER POSE, TOO. AND A YOGA BLOCK CAN PROVIDE SUPPORT AS WELL, BY HELPING YOU CONNECT WITH THE GROUND. ASK AN INSTRUCTOR TO DEMONSTRATE THE BEST PRACTICES FOR USING THESE PROPS.

I'M OVERWEIGHT OR OBESE. WHY DO YOGA? I THINK YOGA CAN BE A WONDERFUL FORM OF MOVEMENT THAT BIGGER-BODIED PEOPLE CAN ADAPT FOR THEMSELVES, THIS eBook IS ONLY DESIGNED TO MEET THE CHALLENGES TO FAT PEOPLE AND IT IS ALSO AN ONLINE RESOURCE FOR YOGIS AND INSTRUCTORS. FOR FOLKS CARRYING MORE WEIGHT, LOW-IMPACT EXERCISES LIKE YOGA MAY BE MORE COMFORTABLE THAN, SAY, RUNNING ON THE PAVEMENT. AND MOST POSTURES CAN BE MODIFIED TO FIT YOUR BODY. PLUS, YOGA ISN'T THAT CYCLING CLASS WITH THE DRILL SERGEANT INSTRUCTOR. IT'S NOT THE INSANITY WORKOUT. THE MENTAL COMPONENT OF YOGA--THE DEEP BREATHING, POSITIVE MEDITATION, AND AWARENESS--CAN BOOST CONFIDENCE FOR PEOPLE OF ALL WAISTLINES. YOGA HELPS GIVE YOUR INSIGHT, AND PERHAPS THAT INSIGHT CAN HELP YOU MAKE BETTER CHOICES AND ELIMINATE NEGATIVE SELF-TALK.

❓ YOGA FOR IDEAL WEIGHT AND SHAPE NOA BELLING, 2009

❓ YOGA FOR WEIGHT LOSS CELIA HAWE, 2004-01-02 CAN'T FIND A WAY TO RELAX? STUCK IN A RUT WITH YOUR CURRENT WORKOUT ROUTINE? YOGA FOR WEIGHT-LOSS IS THE ESSENTIAL GUIDE TO STOPPING THE ENDLESS CYCLE OF WEIGHT LOSS AND WEIGHT GAIN. YOU WILL LEARN HOW TO TAKE BACK CONTROL OF YOUR BODY, YOUR EATING HABITS, AND YOUR ATTITUDE TOWARDS YOUR

WEIGHT. DRAWING ON THE GENTLE HATHA YOGA TECHNIQUE, THIS PROGRAM CAN BE PRACTISED BY ANYONE. EACH CHAPTER PROVIDES TRIED AND TESTED YOGA EXERCISES ACCOMPANIED BY A DIFFERENT ASPECT OF POSITIVE THINKING, TO BUILD UP TO A 40-MINUTE ROUTINE OF ENERGIZING, MOTIVATIONAL, AND RELAXING POSTURES FOR BODY AND SOUL. THE HEALTHY EATING PLAN HELPS YOU LOSE WEIGHT WHILE THE YOGA STREAMLINES YOUR SHAPE. YOGA FOR WEIGHT-LOSS WILL STRENGTHEN YOUR BODY AND MIND WHILE HELPING YOU TO FEEL A SENSE OF WELL-BEING AND JOY THAT YOU NEVER THOUGHT POSSIBLE.

📖 **THE SUBTLE BODY** STEFANIE SYMAN, 2011-05-24 IN *THE SUBTLE BODY*, STEFANIE SYMAN TELLS THE SURPRISING STORY OF YOGA'S TRANSFORMATION FROM A CENTURIES-OLD SPIRITUAL DISCIPLINE TO A MULTIBILLION-DOLLAR AMERICAN INDUSTRY. YOGA'S HISTORY IN AMERICA IS LONGER AND RICHER THAN EVEN ITS MOST DEVOTED PRACTITIONERS REALIZE. IT WAS PRESENT IN EMERSON'S NEW ENGLAND, AND BY THE TURN OF THE TWENTIETH CENTURY IT WAS FASHIONABLE AMONG THE LEISURE CLASS. AND YET WHEN AMERICANS FIRST LEARNED ABOUT YOGA, WHAT THEY LEARNED WAS THAT IT WAS A DANGEROUS, ALIEN PRACTICE THAT WOULD CORRUPT BODY AND SOUL. A CENTURY LATER, YOU CAN FIND YOGA IN GYMS, MALLS, AND EVEN HOSPITALS, AND THE ARRIVAL OF A YOGA STUDIO IN A NEIGHBORHOOD IS A SIGNAL OF COSMOPOLITANISM. HOW DID IT HAPPEN? IT DID SO, STEFANIE SYMAN EXPLAINS, THROUGH A SUCCESSION OF CHARISMATIC YOGA TEACHERS, WHO RISKED CHARGES OF CHARLATANISM AS THEY PROMOTED YOGA IN AMERICA, AND THROUGH GENERATIONS OF YOGA STUDENTS, WHO WERE DEEMED UNBALANCED OR EVEN INSANE FOR THEIR EFFORTS. *THE SUBTLE BODY* TELLS THE STORIES OF THESE PEOPLE, INCLUDING HENRY DAVID THOREAU, PIERRE A. BERNARD, MARGARET WOODROW WILSON, CHRISTOPHER ISHERWOOD, SALLY KEMPTON, AND INDRA DEVI. FROM NEW ENGLAND, THE BOOK MOVES TO NEW YORK CITY AND ITS NEW SUBURBS BETWEEN THE WARS, TO COLONIAL INDIA, TO POSTWAR LOS ANGELES, TO HAIGHT-ASHBURY IN ITS HEYDAY, AND BACK TO NEW YORK CITY POST-9/11. IN VIVID CHAPTERS, IT TAKES IN CELEBRITIES FROM GLORIA SWANSON AND GEORGE HARRISON TO CHRISTY TURLINGTON AND MADONNA. AND IT OFFERS A FRESH VIEW OF AMERICAN SOCIETY, SHOWING HOW A SEEMINGLY ARCAIC AND FOREIGN PRACTICE IS AS DEEPLY ROOTED HERE AS BASEBALL OR BALLET. THIS EPIC ACCOUNT OF YOGA'S RISE IS ABSORBING AND OFTEN INSPIRING—A MAJOR CONTRIBUTION TO OUR UNDERSTANDING OF OUR SOCIETY.

📖 **YOGA FOR WEIGHT LOSS** CELIA HAWE, 2007

📖 *BEAUTY THROUGH YOGA* KAREEN ZEBROFF, 1978-01-01

📖 **YOGA FOR AMERICANS** INDRA DEVI, INDRA DEVI PETERSEN KNAUER, 1959-01-01

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**YOGA PLUGIN SLIM
YOGA I INTRODUCTION**

IN THIS DIGITAL AGE, THE
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