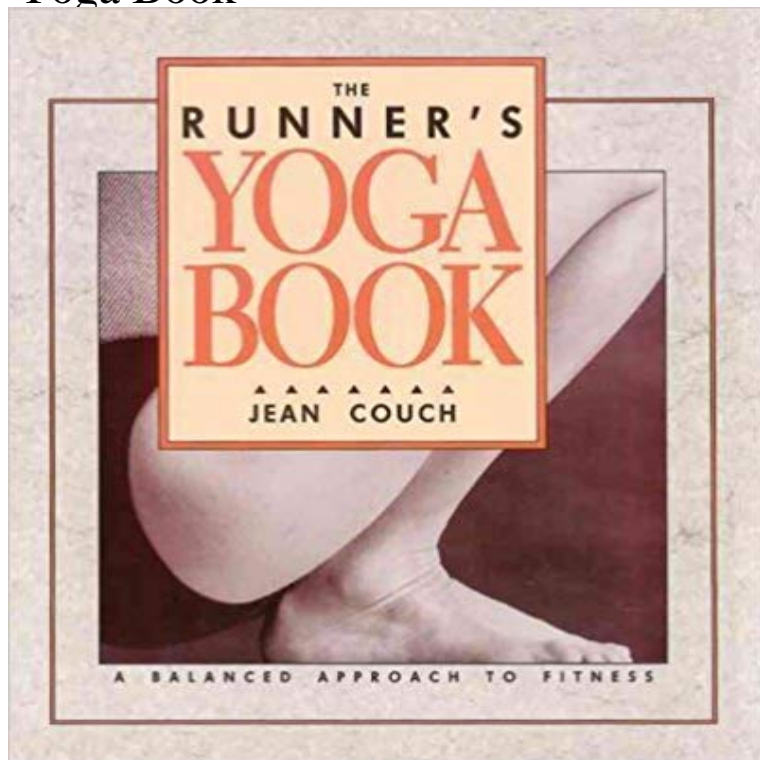


# The Runners Yoga Book: A Balanced Approach to Fitness The Runners Yoga Book



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