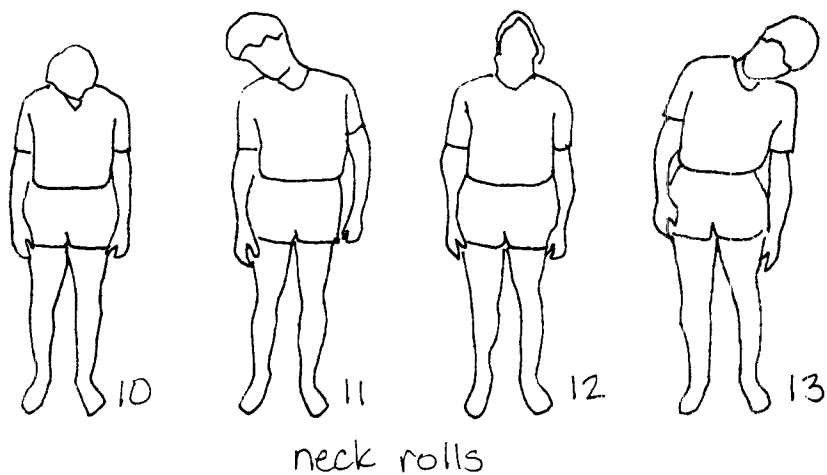
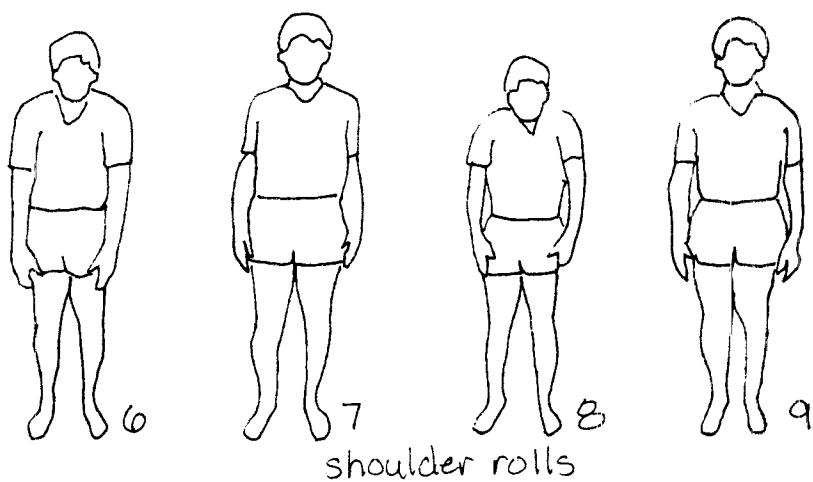
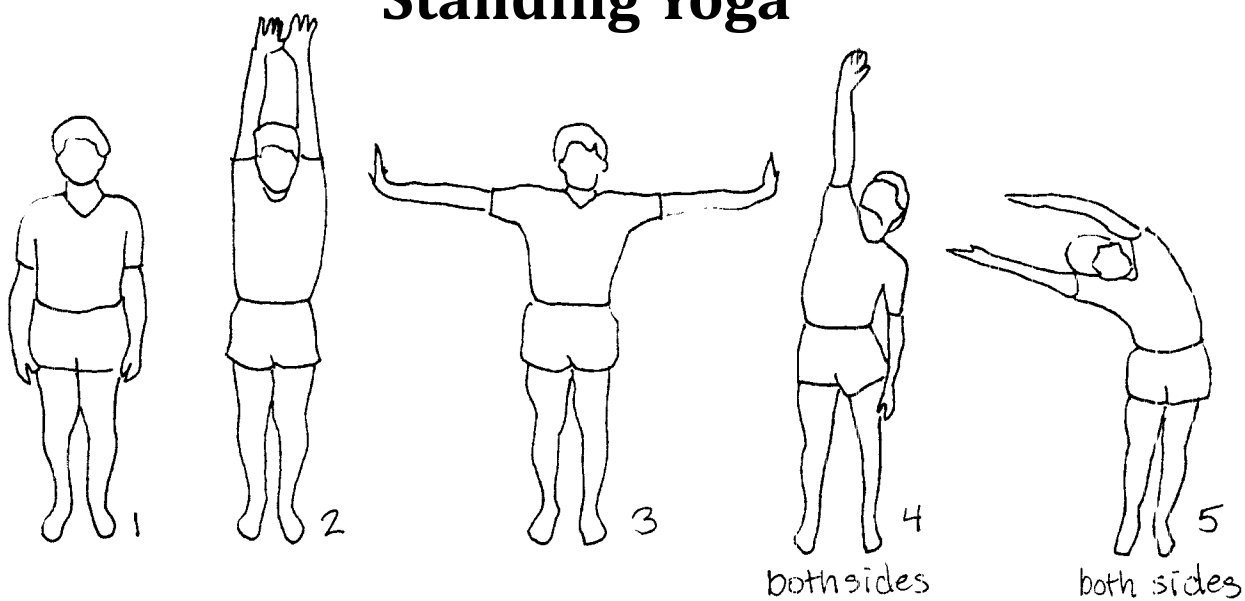
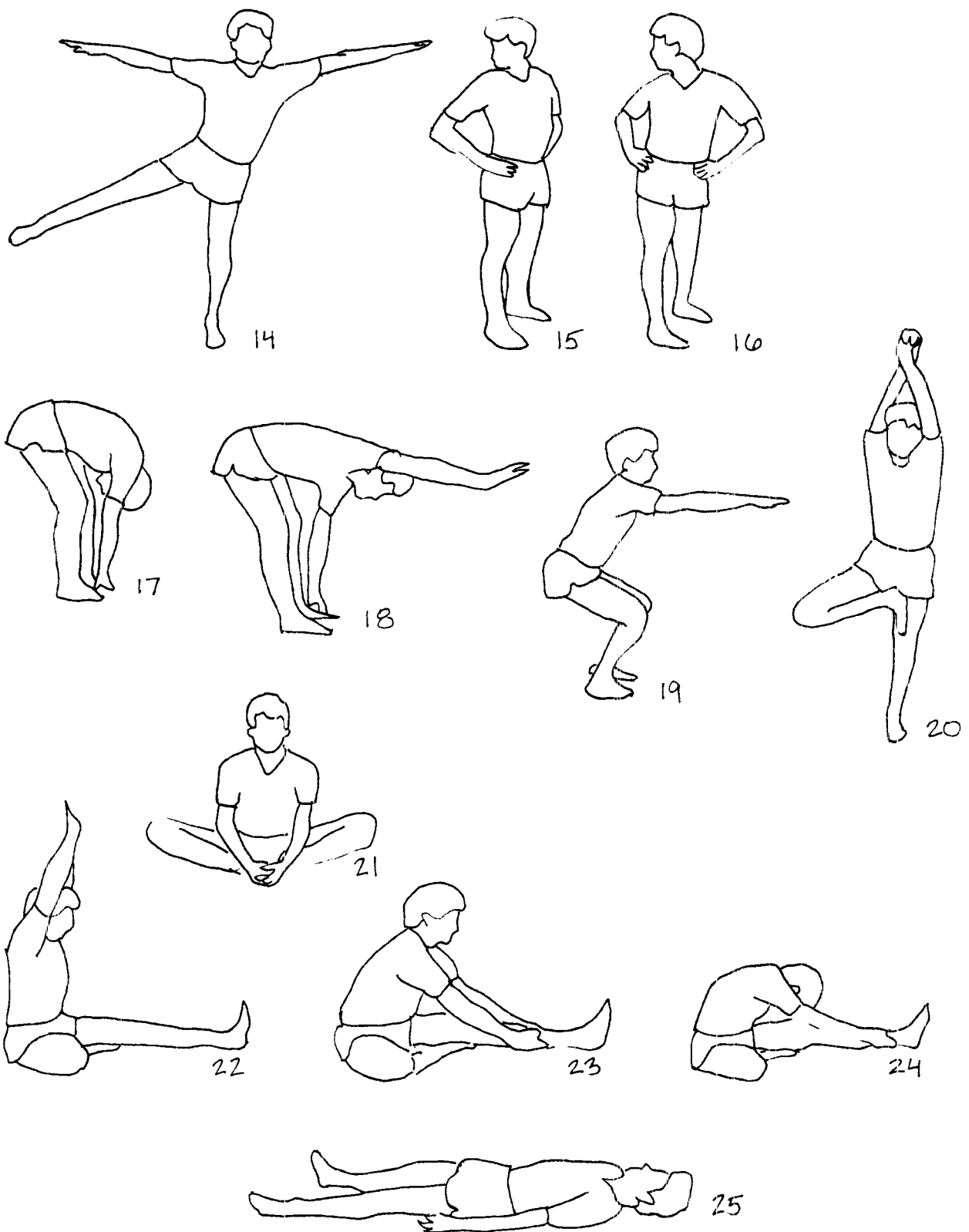


Standing Yoga



adapted from Full Catastrophe Living by Jon Kabat-Zinn



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