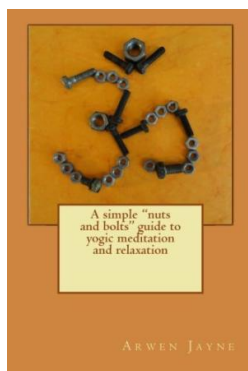


## A Simple Nuts and Bolts Guide to Yogic Meditation and Relaxation



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(Twila Gutkowski)

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