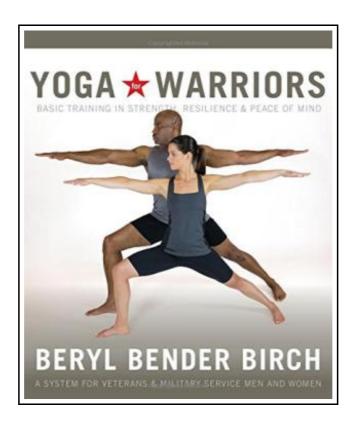
## Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind



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