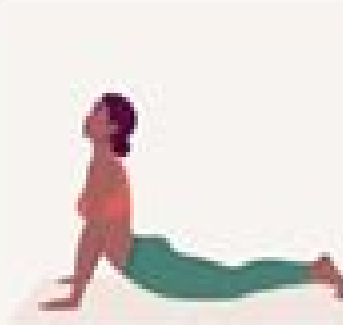


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13 Tips for Beginners



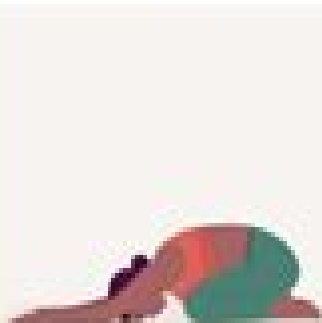
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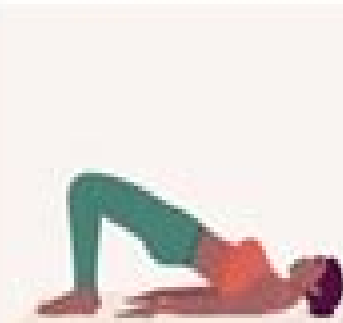
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Downward Facing Dog



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