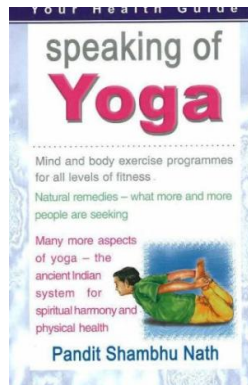


## Speaking of Yoga: Mind & Body Exercise Programmes for All Levels of Fitness



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(Prof. Shanie Schinner Sr.)

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