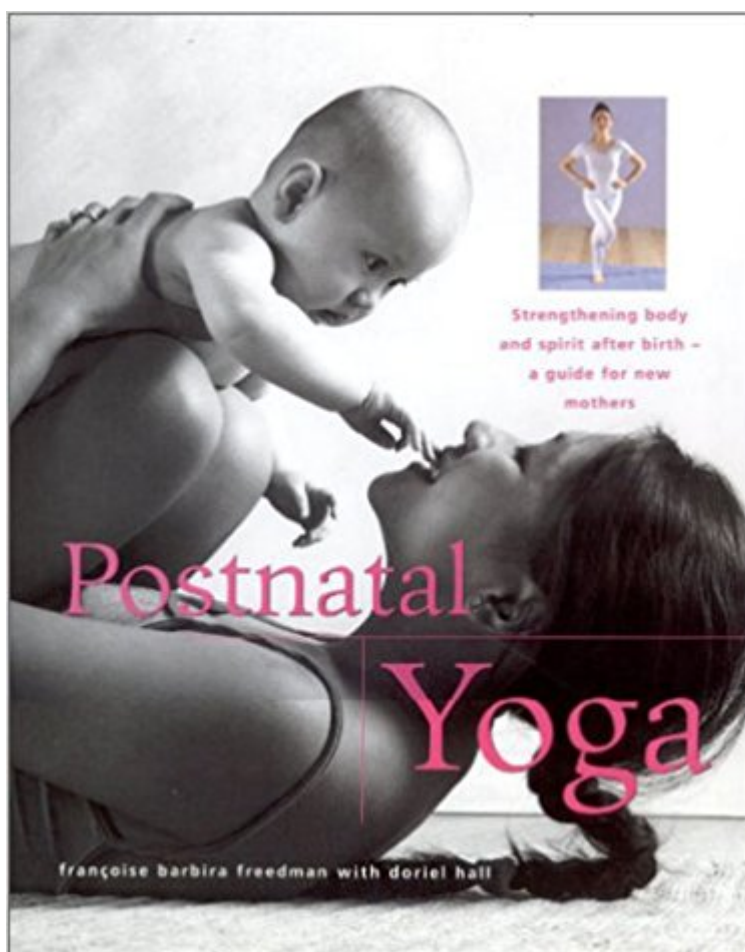


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# Postnatal Yoga: Strengthening Body And Spirit After Birth--A Guide For New Mothers (New Age)



## Synopsis

A clear, compelling and beautifully illustrated guide to yoga postures developed especially for mothers with new babies.

## Book Information

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