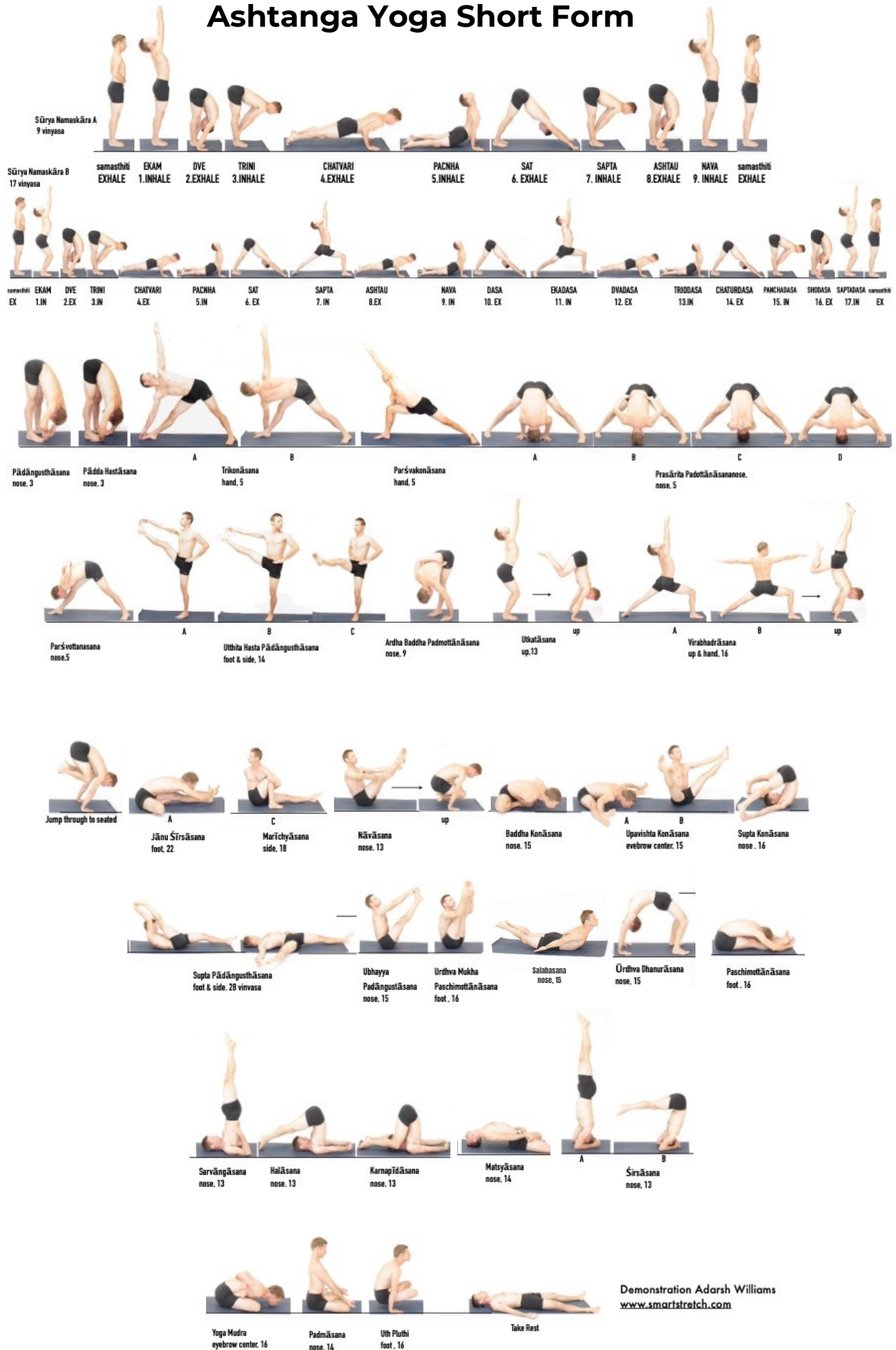


# Ashtanga Yoga Short Form



Demonstration Adarsh Williams  
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