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- Geeta Iyengar, Yoga: A Gem For Women. YogAfrica August 2016 7 6th December 2015 1. Everyone Is Interested In Upgrading. But It's Easier To Upgrade The Exterior Rather Than The Interior, And Yoga Is The Process Of Upgrading The Interior. 2. Mind, Intelligence And Ego - All Of Mar 3th, 2024

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