

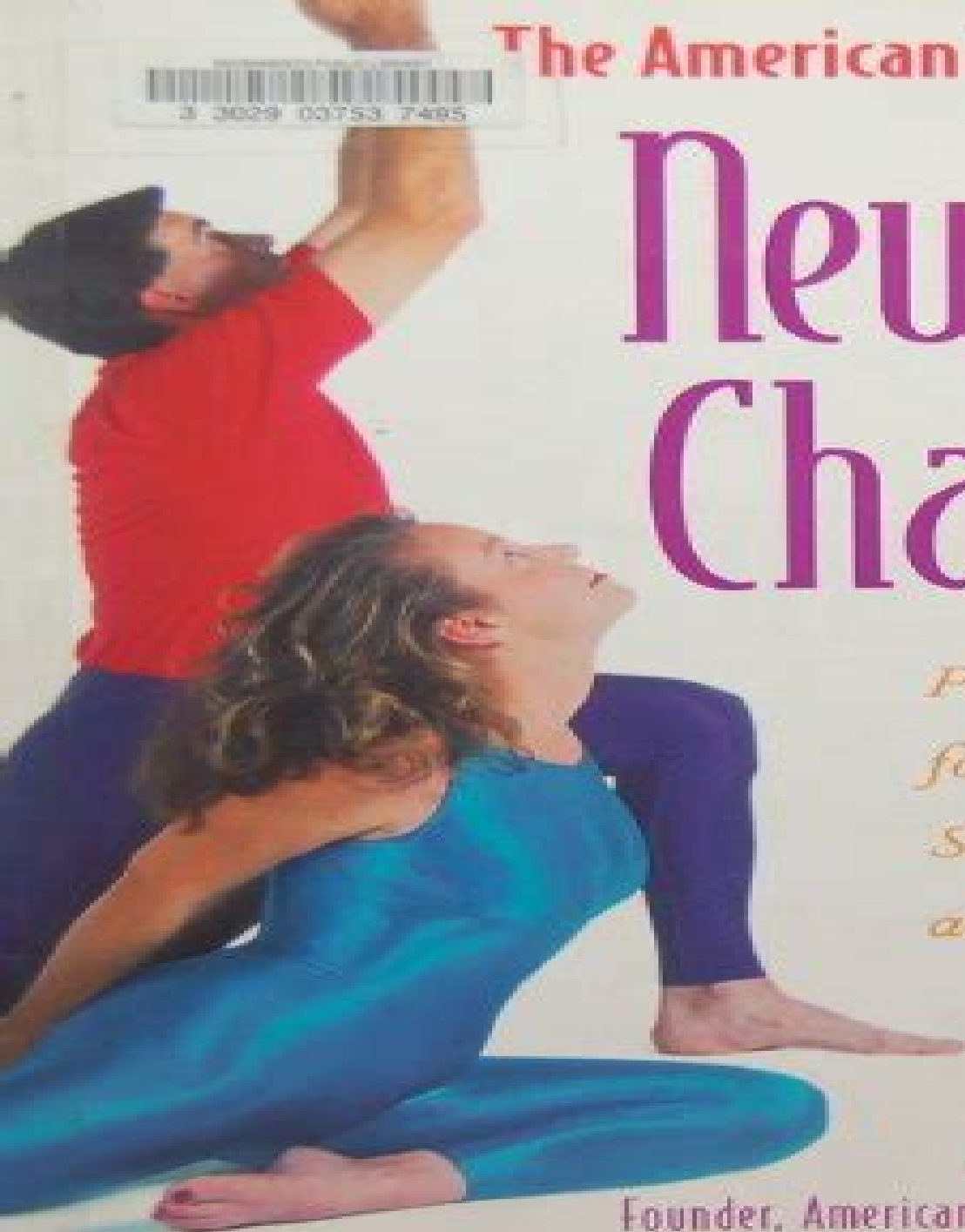


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The American Yoga Association's

# New Yoga Challenge

*Powerful Workouts  
for Flexibility,  
Strength, Energy,  
and Inner Discovery*



Alice Christensen,  
Founder, American Yoga Association



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# American Yoga Associations New Yoga Challenge Powerful Workouts For Flexibility Strength

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