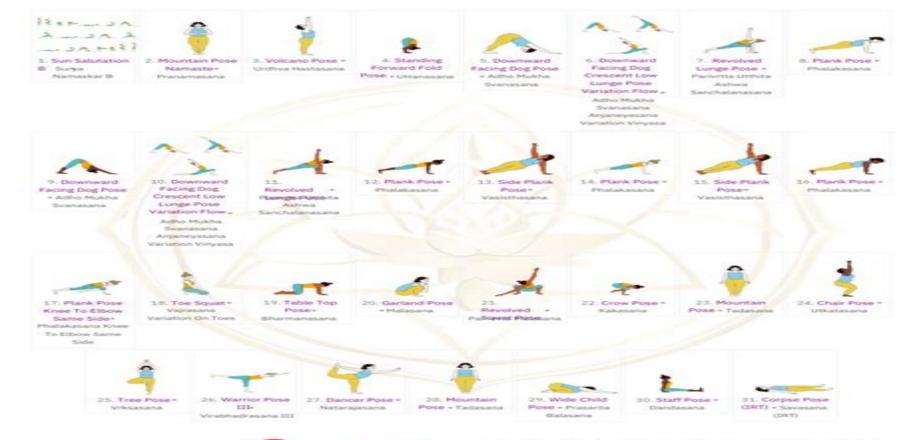
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# WEEK 3 OCTOBER

## THEME: BALANCE

## LEVEL: BEGINNER



# Fall Boots Yoga For Beginners This Week

Scott C. Dulebohn

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