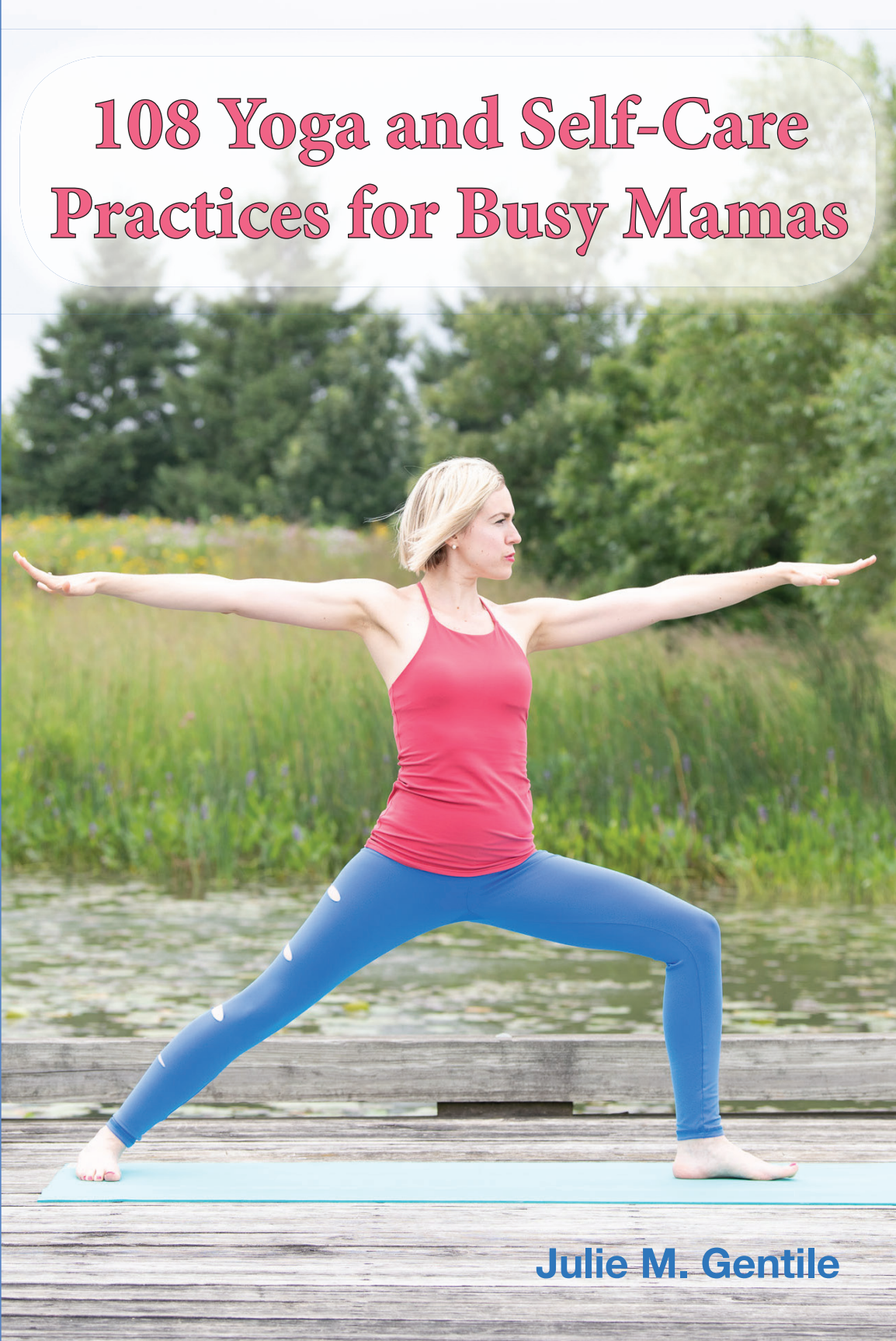
108 Yoga and Self-Care Practices for Busy Mamas



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