# Mindful Chair Yoga

50+ PRACTICES FOR ALL AGES



Mayuri Gonzalez and Jennifer Cohen Harper



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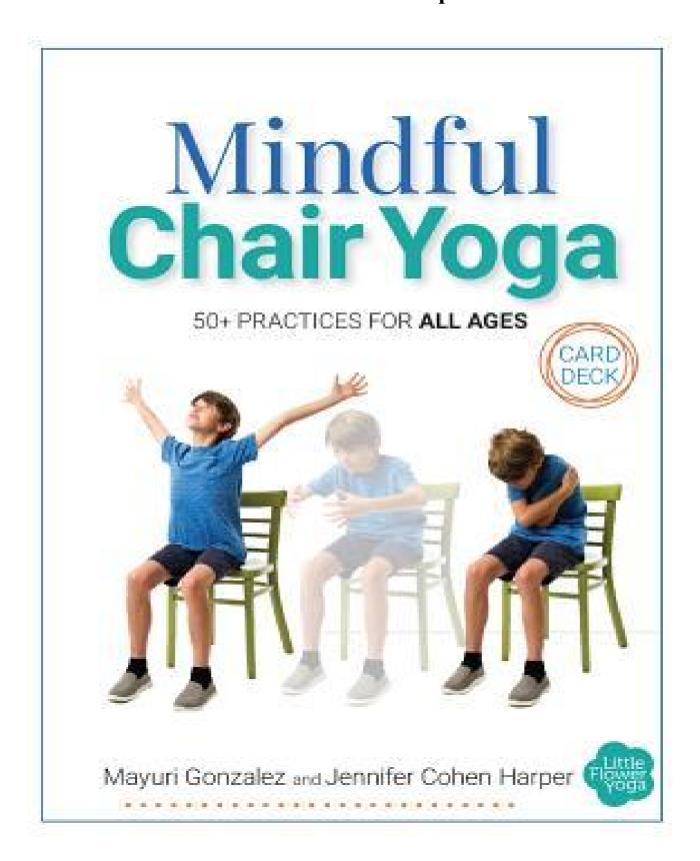
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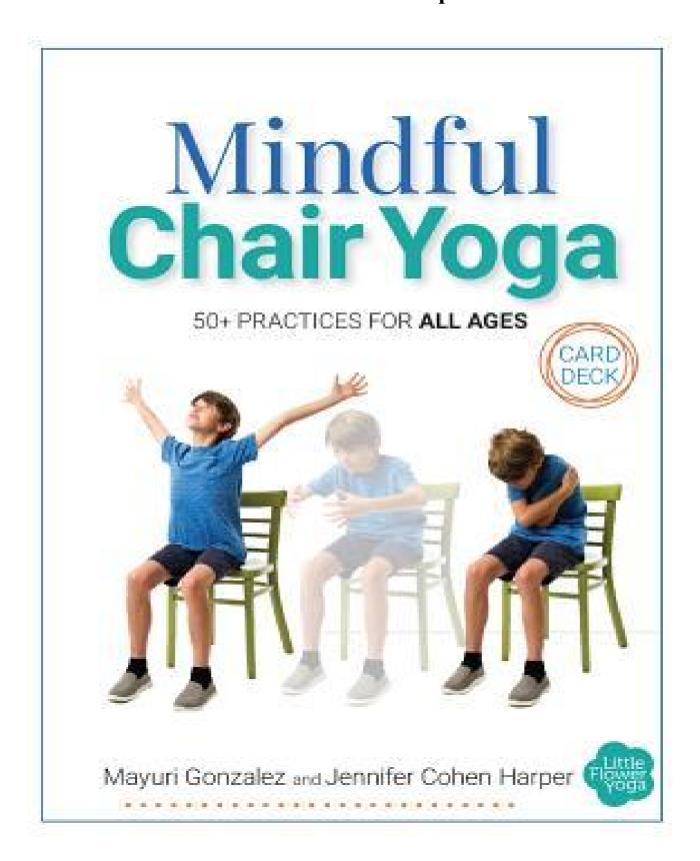
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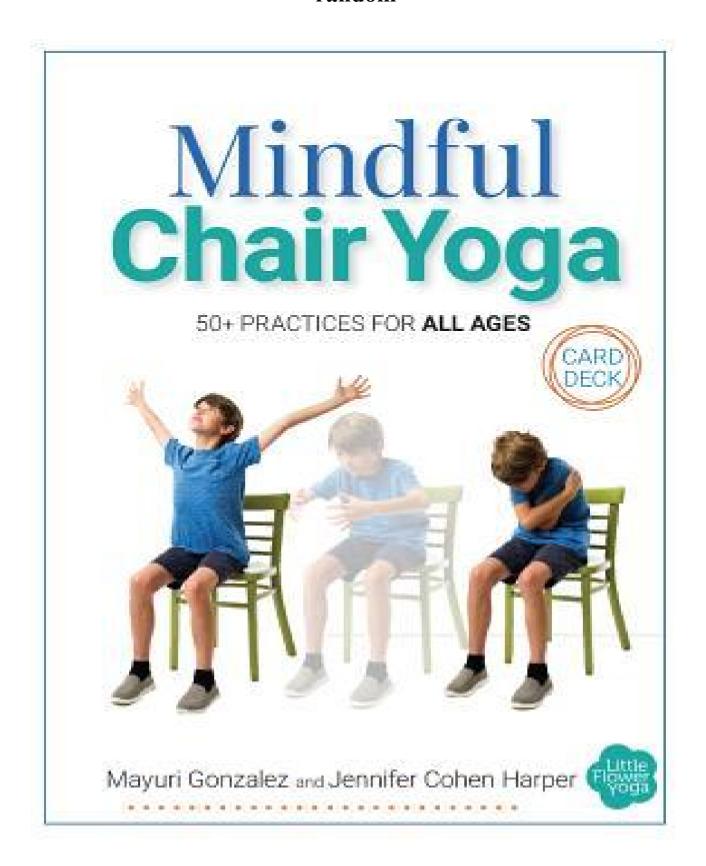
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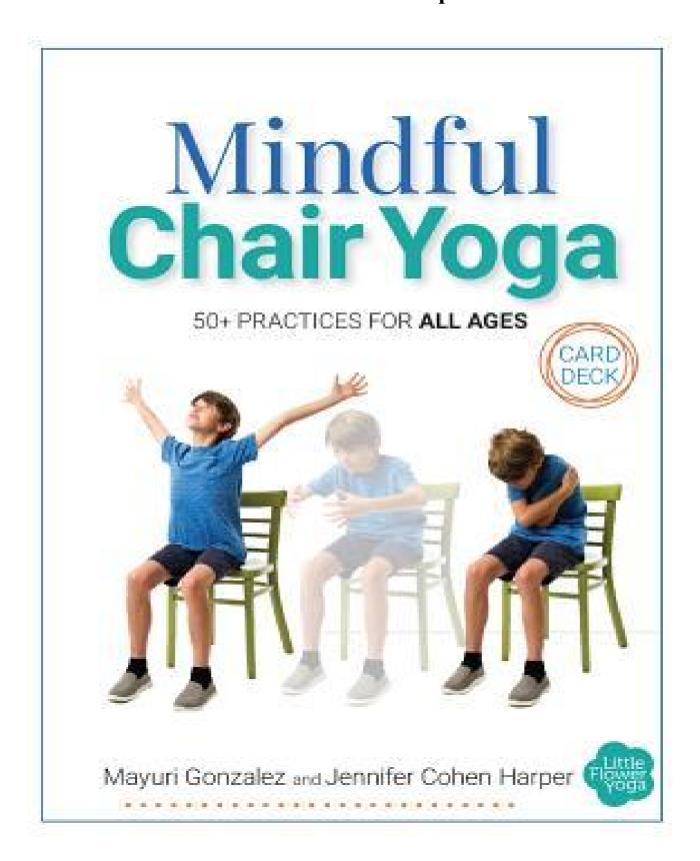
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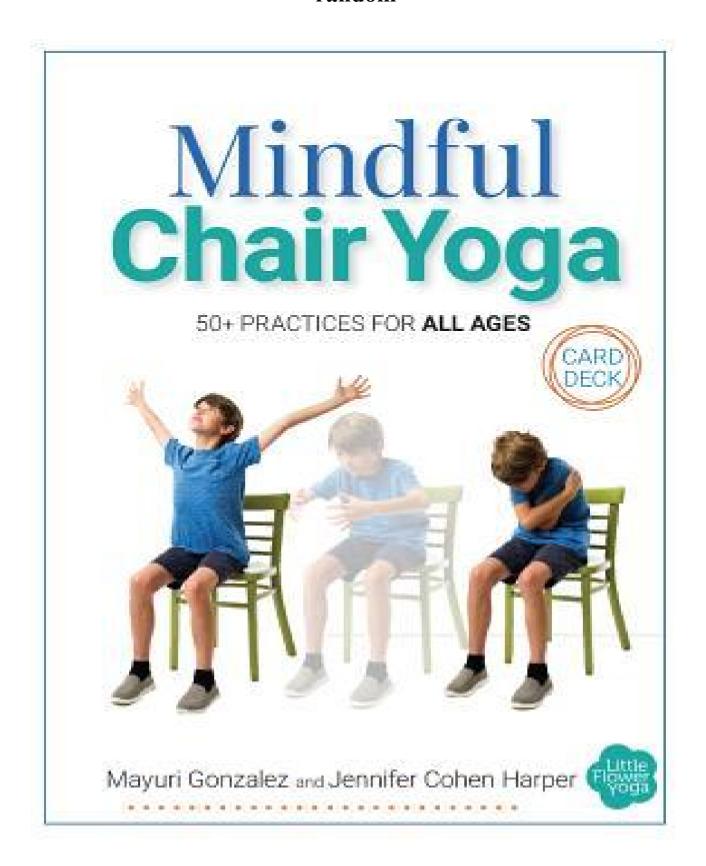
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