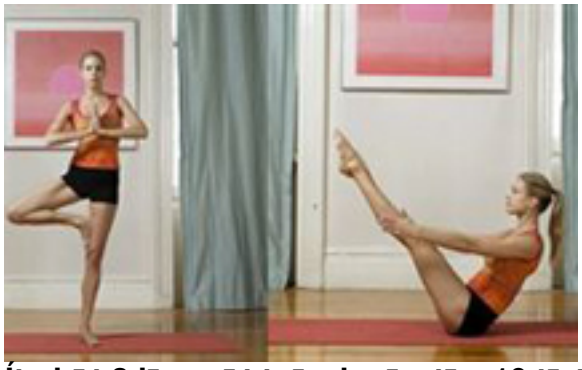
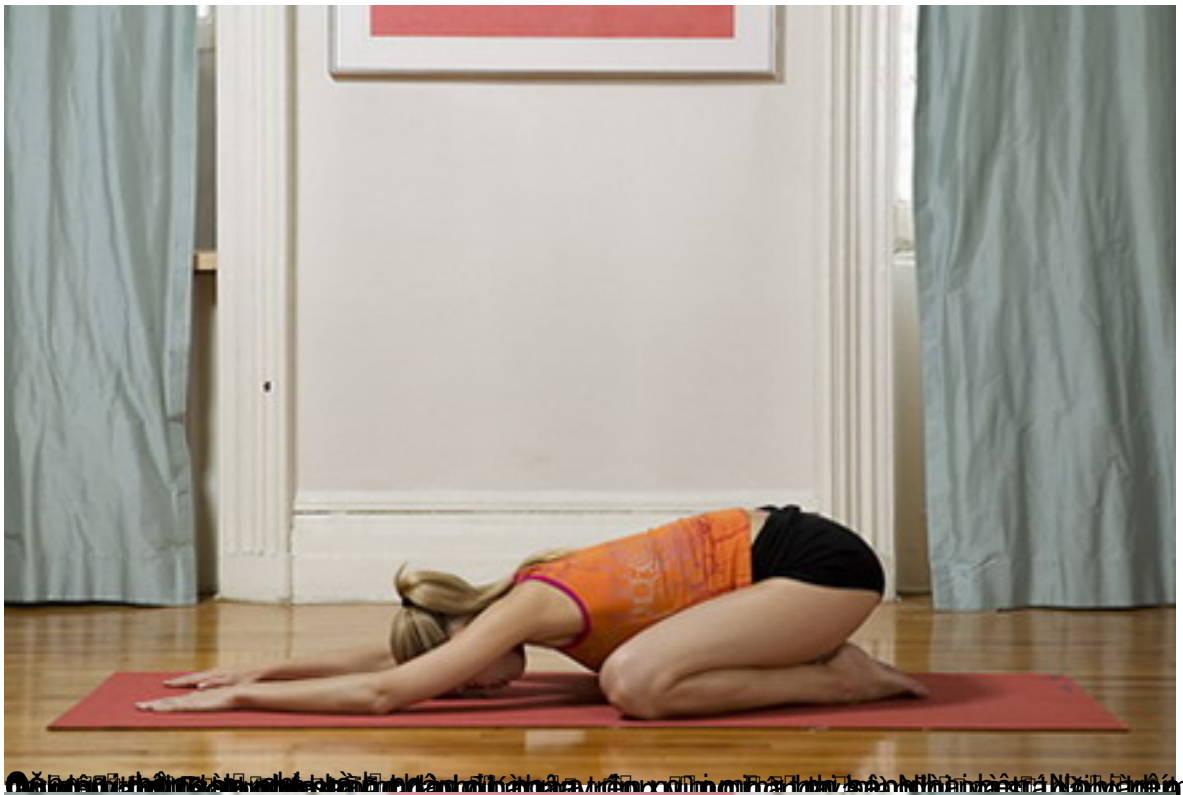
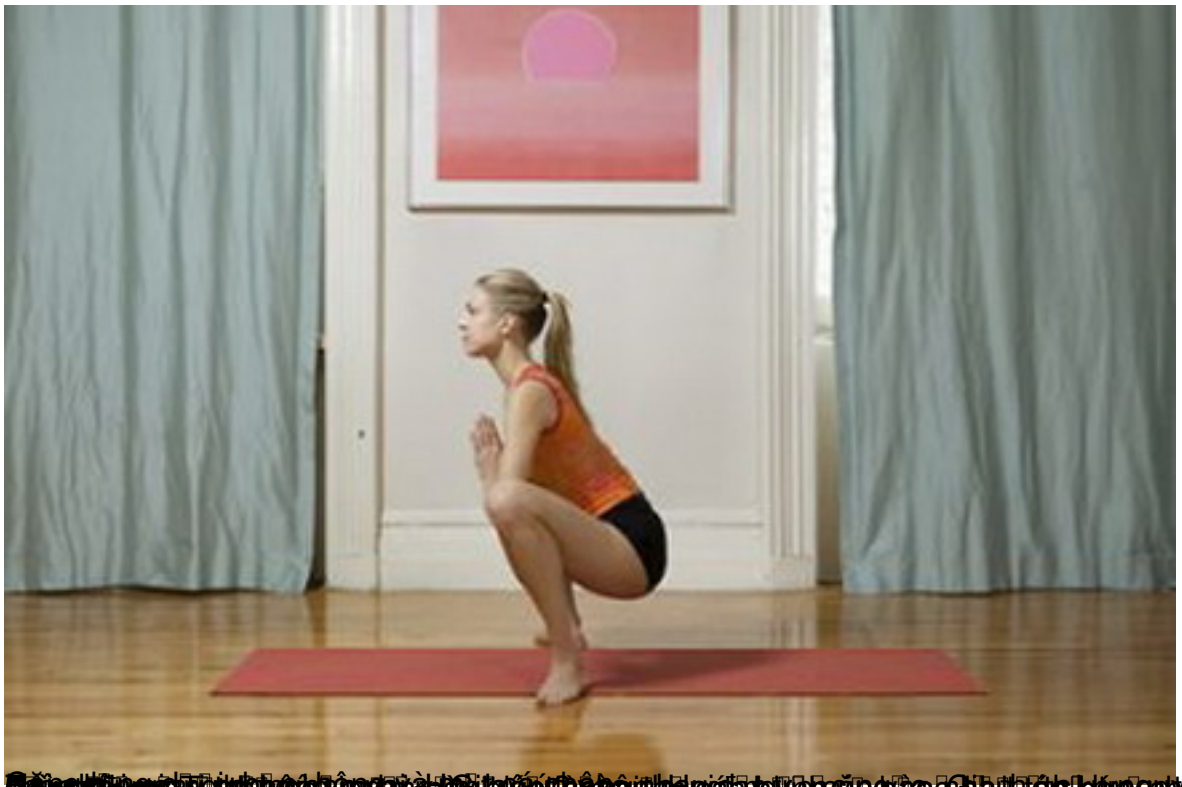


Ít nh□t 3 l□n m□t tu□n luy□n t□p 10 t□ th□ yoga d□□i đây, b□n s□ nhanh chóng có đ□□c s□c kh□e t□i □u.

Child’s pose