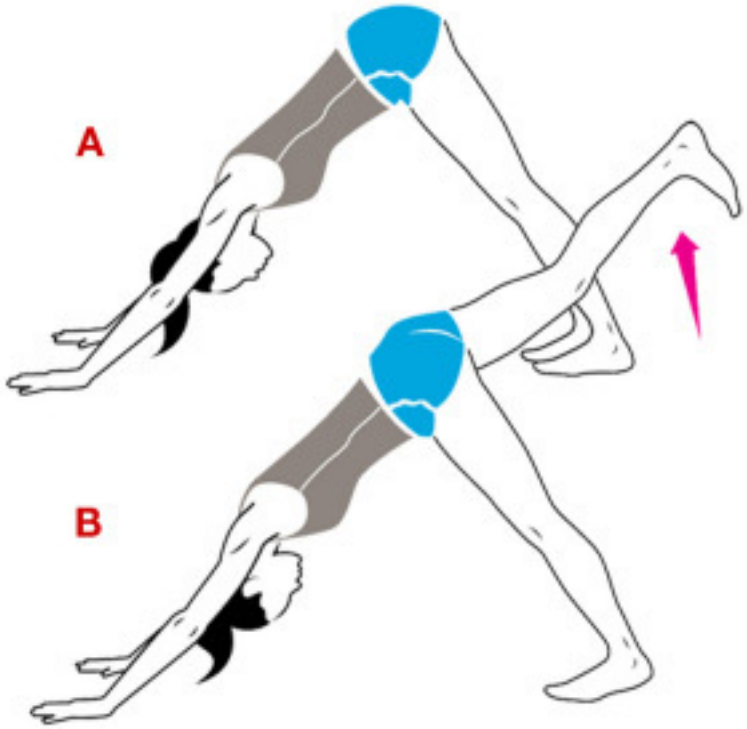
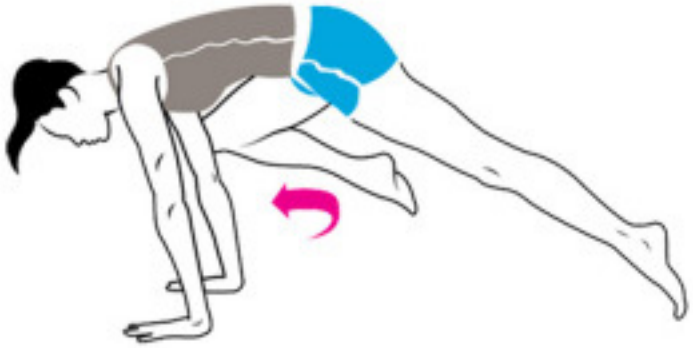
Mu□n gi□m cân m□t cách an toàn và hi□u qu□, b□n hãy k□t h□p v□i nh□ng đ□ng tác yoga d□□i đây.

Đ□ng tác 1:



[illegible] hãy



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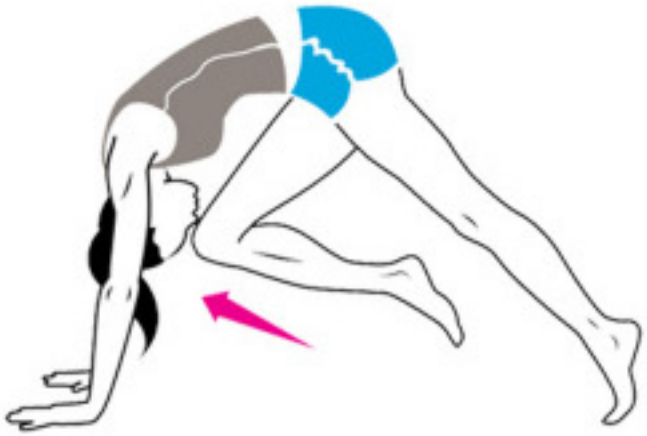

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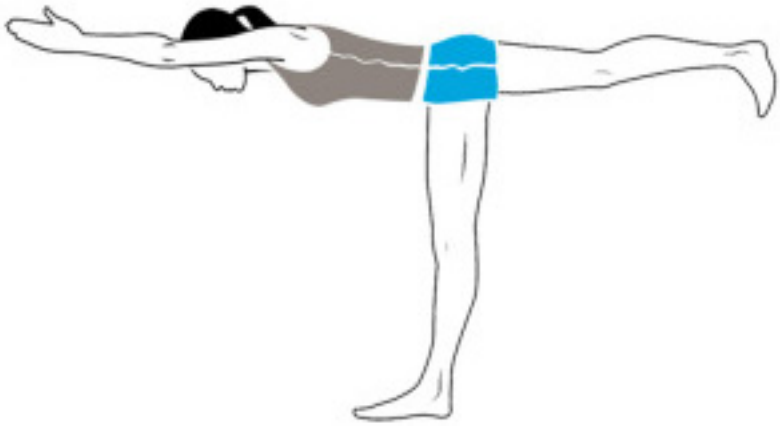

[illegible] riêng