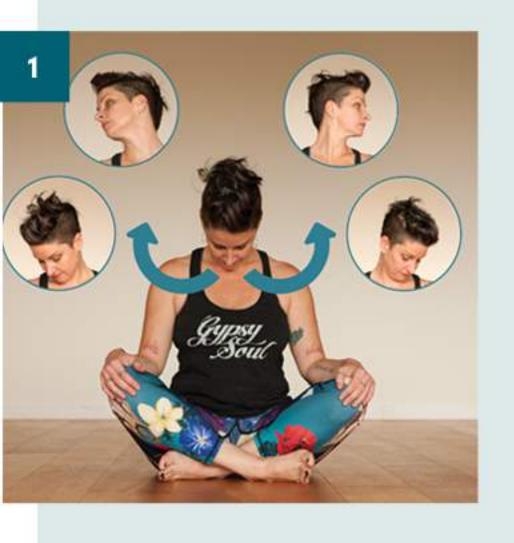
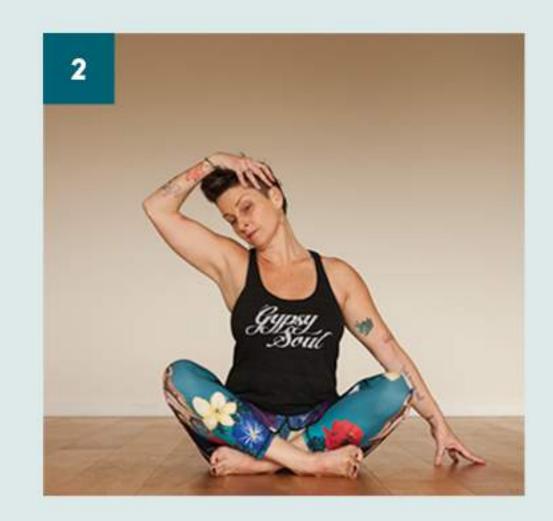
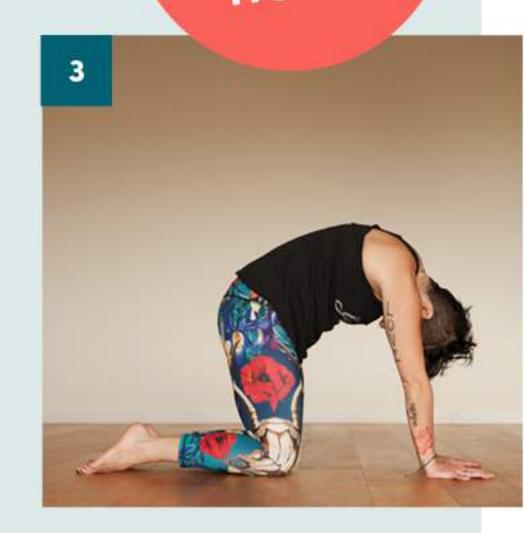
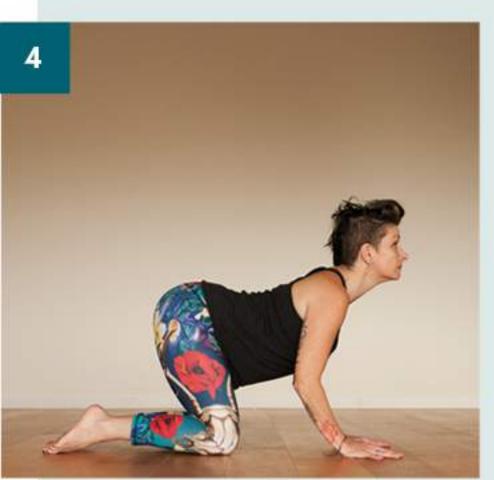
Neck friendly yoga sequence

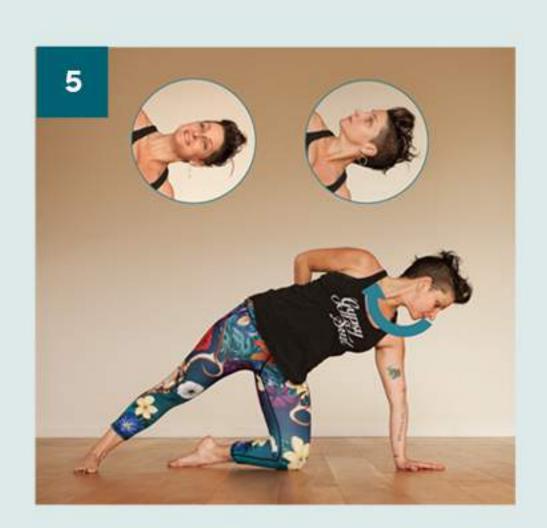
Do try this at home

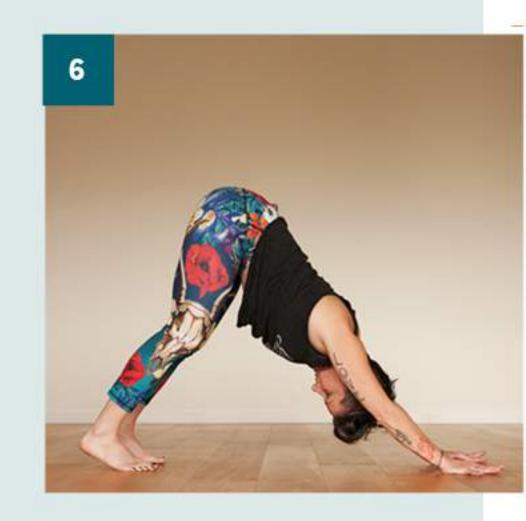


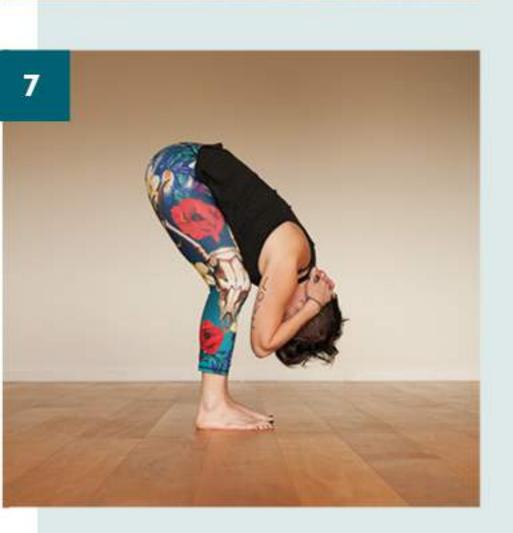
















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