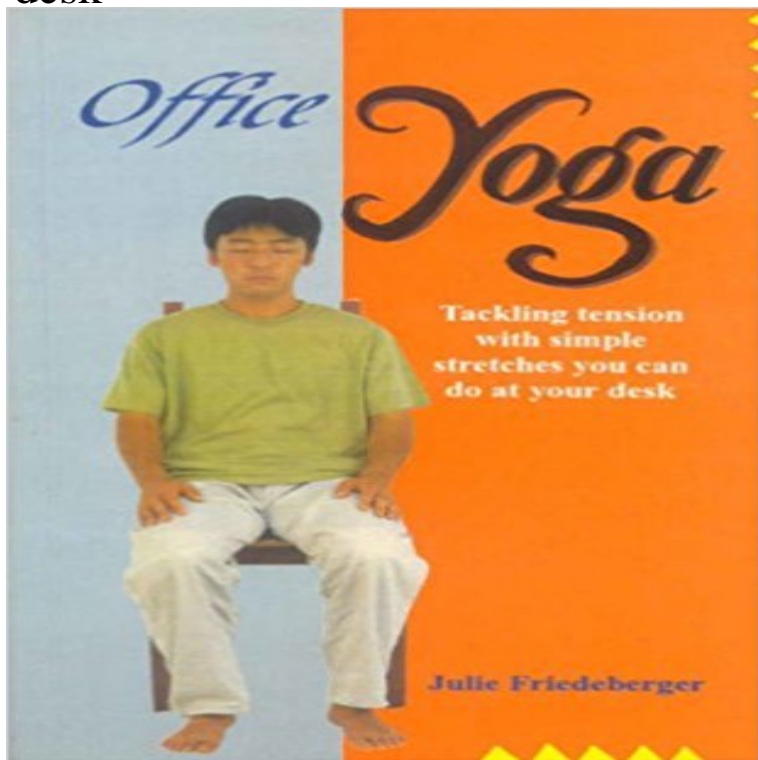


Office Yoga: Tackling tension with simple stretches you can do at your desk



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