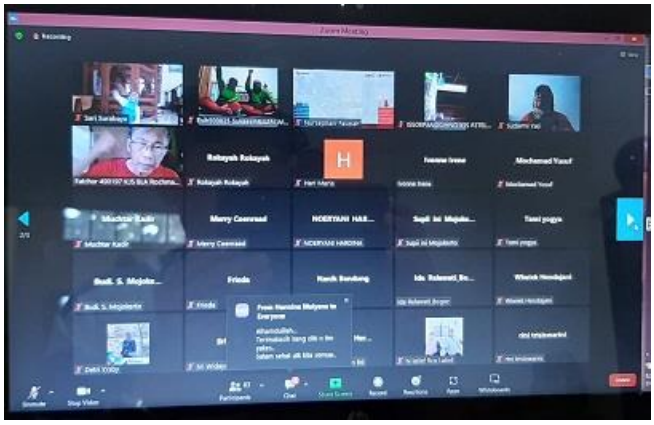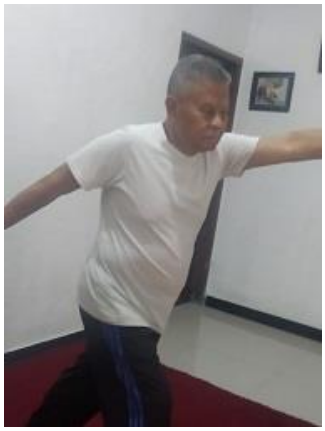KJS BLA Ikut Senam Yoga(04-07-2022)-Mencegah Kemungkinan Sakit