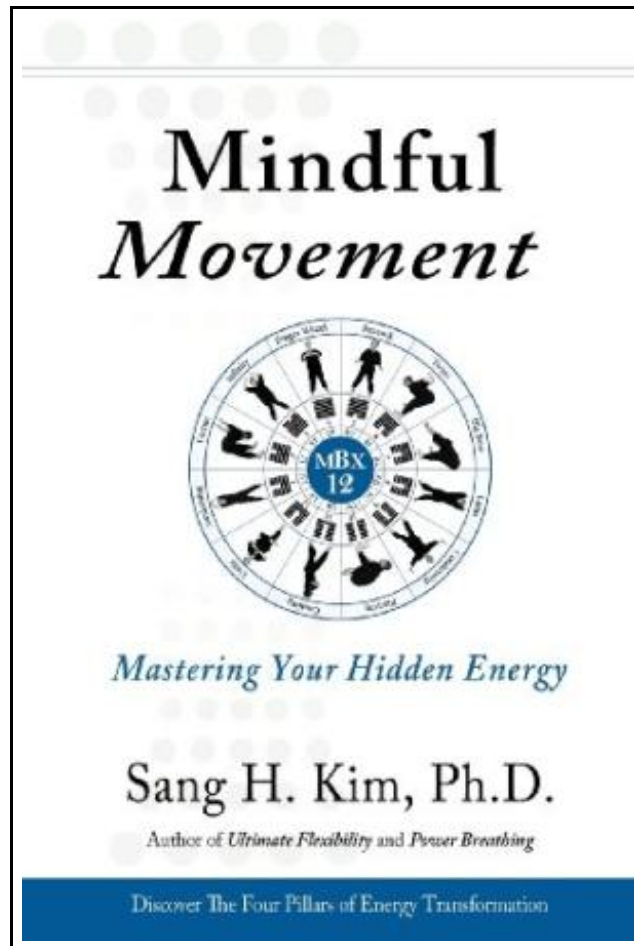


## Mindful Movement: Mastering Your Hidden Energy



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