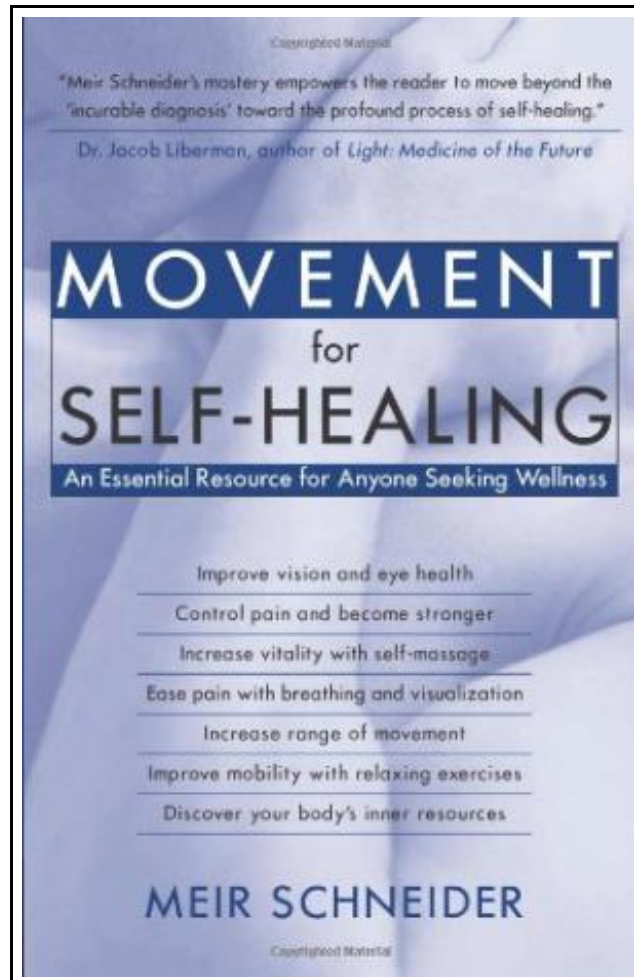


## Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness



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