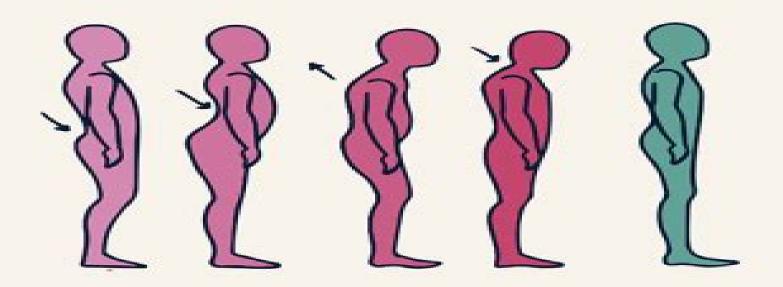
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Un método sencillo y práctico para mejorar la facilidad y la libertad de movimiento a través de una mejor coordinación entre el pensamiento y el movimiento físico

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