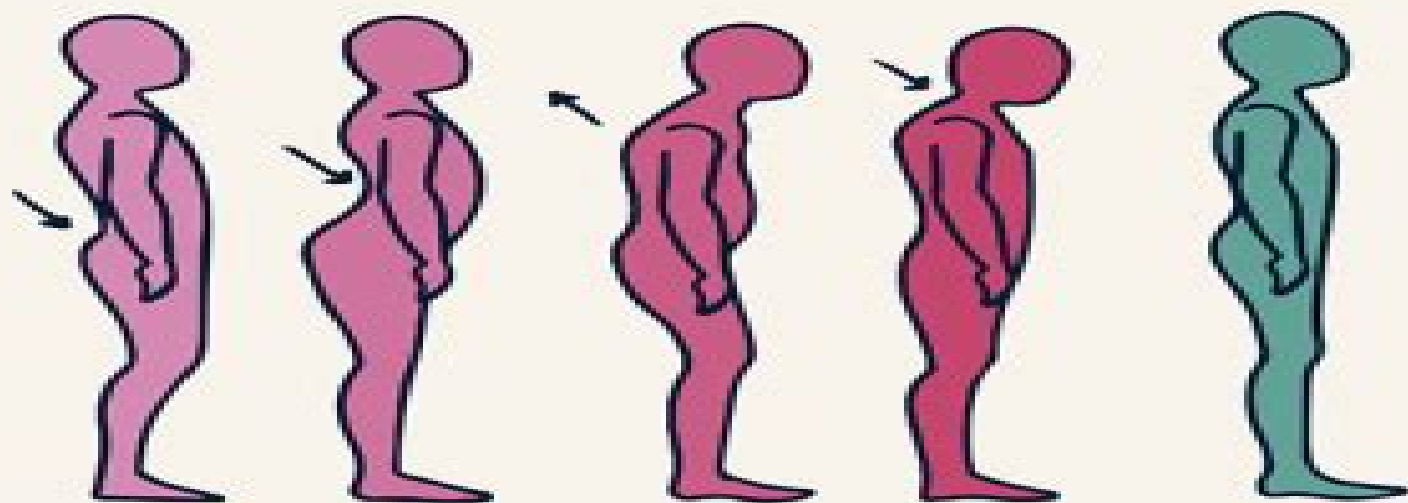


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psychological and spiritual implications of the Alexander Technique and how we can work with our innate Body Wisdom for inner guidance

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