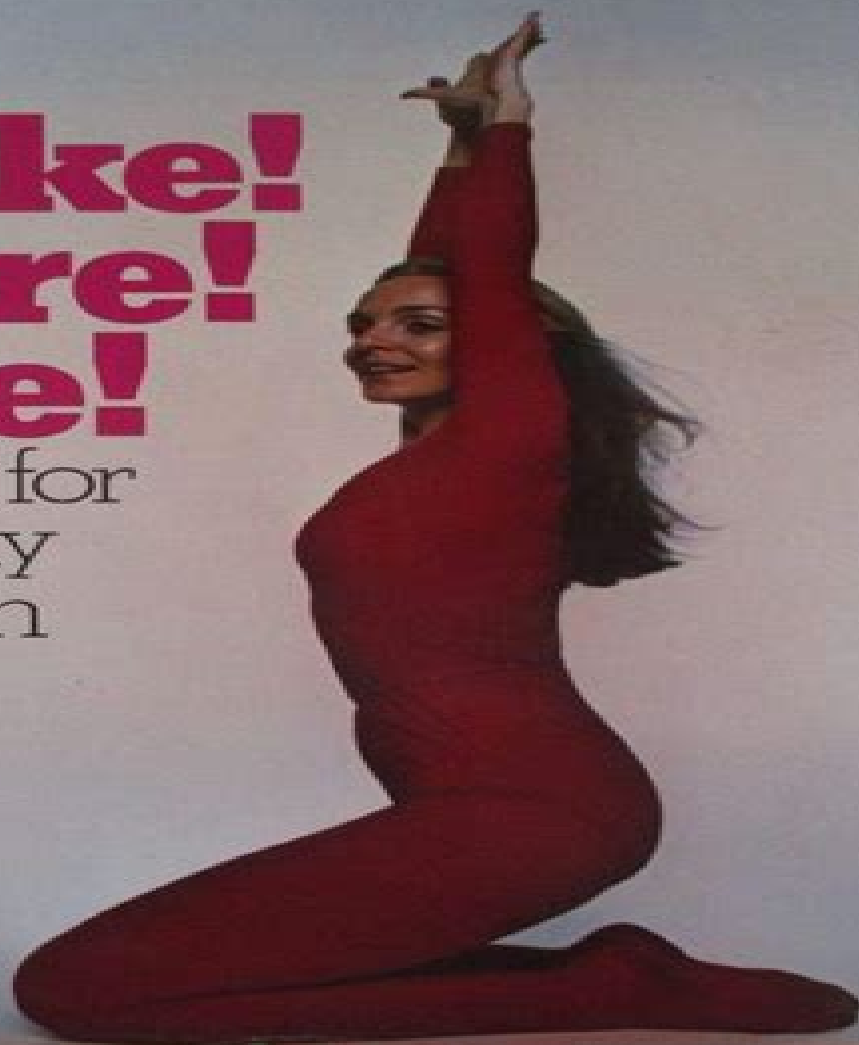


Awake! Aware! Alive!

Exercises for
a Vital Body
Lydia Bach



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