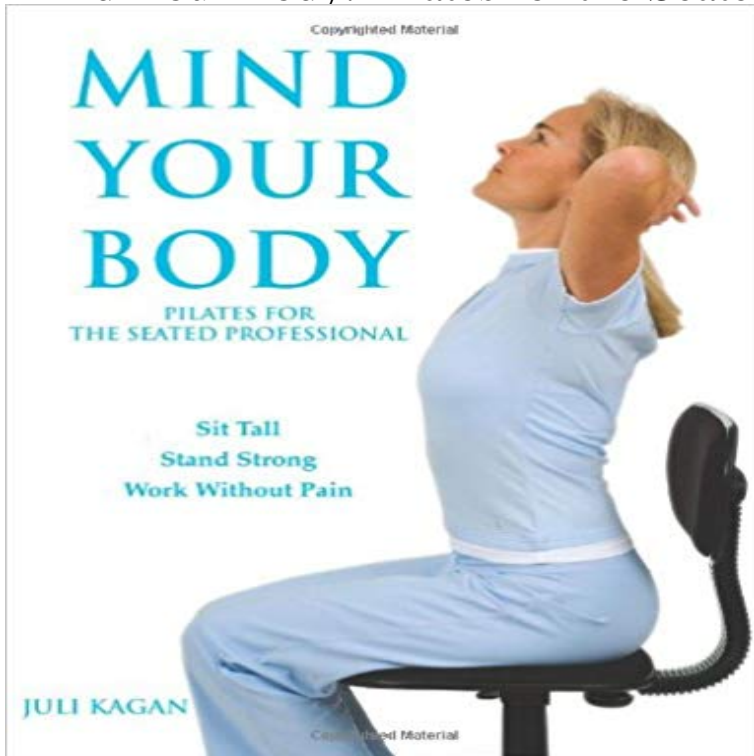


## Mind Your Body: Pilates for the Seated Professional



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