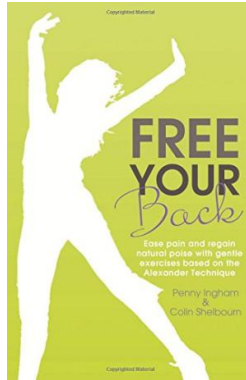


## Free Your Back!: Ease Pain and Regain Natural Poise with Gentle Exercise Based on the Alexander Technique



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