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September 24th 2013: What can your body do for you?

What's your point of view of your body? Is your body a contribution to you, or is it something that you have to work hard to handle? What is the body? Why do we have a body? Would a different perspective around your body create something different? What can you do for your body & what does the body require of you?

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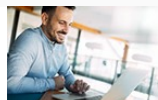
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