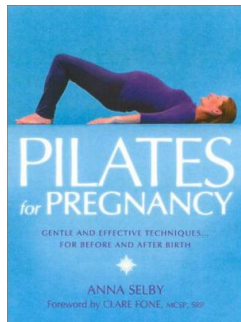


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PILATES FOR PREGNANCY: GENTLE AND EFFECTIVE TECHNIQUES FOR BEFORE AND AFTER BIRTH



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