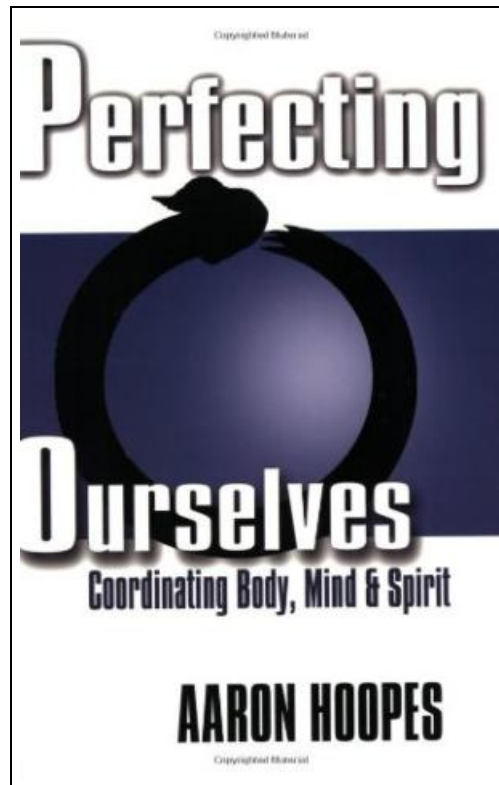


## Perfecting Ourselves: Co-Ordinating Body, Mind and Spirit



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## PERFECTING OURSELVES: CO-ORDINATING BODY, MIND AND SPIRIT



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