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Seitai Method: A Self-Treatment Guide: A Holistic Approach To Staying Healthy Through Stretching And Body Alignment is a guide for self-use.

Kuniaki imoto (author of the seitai method)

Kuniaki Imoto is the author of The Seitai Method (2.00 avg rating, 1 rating, 0 reviews, published 2005)

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