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Self-Care Videos

VIDEO | 33:26



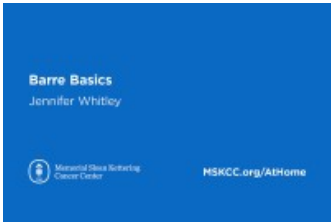
[30-Minute Fitness for Everyone](#)

VIDEO | 1:01:48



[60-Minute Fitness for Everyone](#)

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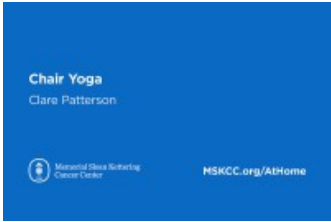
[Barre Basics](#)

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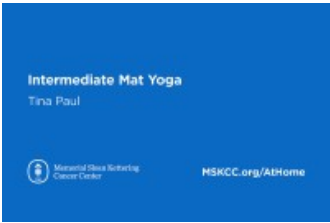
[Guided Imagery Meditation: A Mountain Walk](#)

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[Guided Imagery Meditation: Floating in the Ocean](#)

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