

**Mindful Spontaneity: Moving In Tune With Nature :
Lessons In The Feldenkrais Method By Ruthy Alon**

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Ruthy Alon (author of mindful spontaneity) -

Ruthy Alon is the author of Mindful Spontaneity (4.62 avg rating, 16 ratings, 1 review, published 1996), Mindful Spontaneity: Moving in Tune with Nature:

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