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Mindful Movement: The Evolution of the Somatic Arts and Conscious Action [Martha Eddy] on Amazon.com. *FREE* shipping on qualifying offers. In Mindful Movement , exercise physiologist, somatic therapist, and advocate Martha Eddy uses original interviewsWhy To Detox Your Body Vitamix Juicing Recipes For Detox Why To Detox Your Body Green Tea Bags For Detox Weight Loss Detox Mix Detox Drink Recipe For Weight Loss Does Detox Tea Need To Be Hot The step to all these questions is perhaps an emphatic "yes".