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is yoga or pilates better for you? - oprah.com - Yoga and pilates enthusiasts tout their workouts with a religious zeal, boasting about the life-changing physical and mental benefits they confer.

facial toning - wikipedia, the free encyclopedia - 1.2 Face Pilates and Face Yoga Exercises; The first face exercises were released commercially in a pamphlet in 1710 about a beauty routine that also included

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