

## WingMakers Body-Mind Movement Exercise Completion Schedule

Note: Tracks (Tks) is based on one custom CD containing all 8 tracks. Such a CD is for PERSONAL USE only—not for resale.

Sessions	1	2	3	4	5	6	7
Ch. 17-18 Tks 1-2 15:11							
Ch. 19-20 Tks 3-4 15:12							
Ch. 21-22 Tks 5-6-7 20:34							
Ch. 23-24 Tks 8-9 18:47							

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