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Angie newson - ageproof living

Angie Newson. Angie Newson is an Fit for Free with Yoga & Pilates, a regular contributor to the UK's national press and women's magazines and has appeared in

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Angie Newson is a mind and body teacher based in London with over 20 years experience in the health and fitness industry. She is fully qualified in pilates with

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Angie Newson has been involved in the fitness and movement industry for over 20 years. Home; About Angie; Yoga; Pilates; TV Presenting; Yoga/Pilates Holidays;

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