

From: Jeffrey Epstein <jeevacation@gmail.com>
To: [REDACTED] <[REDACTED]>
Subject: Re:
Date: Fri, 20 Dec 2013 12:03:57 +0000

good idea. anything that involves movement without runiing

On Fri, Dec 20, 2013 at 6:49 AM, [REDACTED] <[REDACTED]> wrote:

Thankful to you!!

There are no ballet classes for begginers in Jan. Advanced joga could be good instead.

On Dec 20, 2013, at 12:38 PM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

good work, also try a ballet class. standing leg excercise legs out to side held. legs out front held. you are starting on a healthy path. conragautions

On Fri, Dec 20, 2013 at 6:36 AM, [REDACTED] <[REDACTED]> wrote:

This one is week and half old. I'll send new one tommorow :)

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