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The Buddha's Toolkit: Awaken Your Body's Wisdom

Awakening Healthy Somatic Intelligence And Creative Aspects Of: Wise Mind-The Core Of Yoga Psychology. Mindfulness Meditation & Kundalini Rising Feel Radiant In Your Practice Mindful Meditation Combined With Particular Yogic Kriyas /Asana's Help To Coordinate And Repair The Nervous System By Stimulating The Heart Center As Well As The Parasympathetic System. It Will Help You Balance Your ... Jan 2th, 2021

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