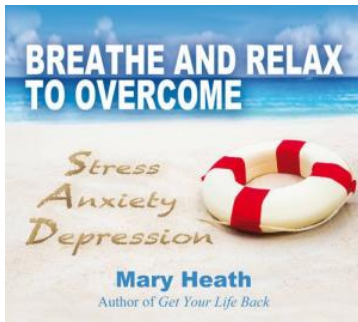


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Findhorn Press Ltd., United Kingdom, 2015. CD-Audio. Book Condition: New. 140 x 127 mm. Language: English. Brand New. Breath Control The Yogini Sunita introduced Pranayama Yoga to the UK in 1962, but unfortunately only a handful of teachers were trained in this form of life changing Yoga. Mary Heath invites you to learn this powerful and unique sequence of Breath Control Exercises which calm the mind and control emotions. If you suffer from stress, anxiety, depression or any stress...

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- Authored by Mary Heath
- Released at 2015



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