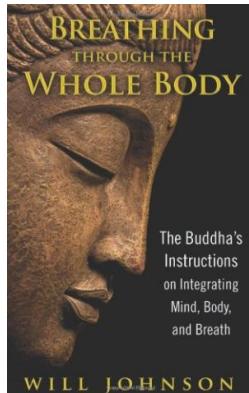


## Breathing Through the Whole Body: The Buddha's Instructions on Integrating Mind, Body, and Breath



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