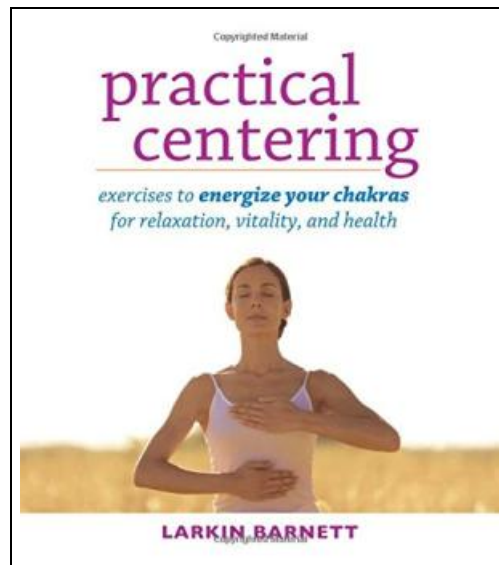


## Practical Centering: Exercises to Energize Your Chakras for Relaxation, Vitality, and Health



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