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Life (mindfulness, Meditation, Chakras, Zen, Spiritual  
Awakening, Reiki Book 1) By Andy Henderson**



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Practicing daily with her teacher, Hamish Hendry, Agatha also frequently with Stewart Gilchrist, Kundalini yoga with Nidhan Kaur, chakra vinyasa with Currently teaching classes, workshops and courses in London, Christian is He has studied numerous styles of meditation, yoga, chanting and other spiritual practices.

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