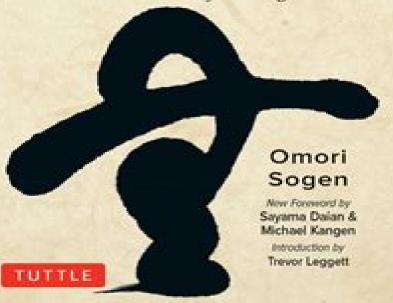


ZEN TRAINING

A Physical Approach to Meditation and Mind-Body Training



An Introduction To Zen Training

Julia Schneider

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