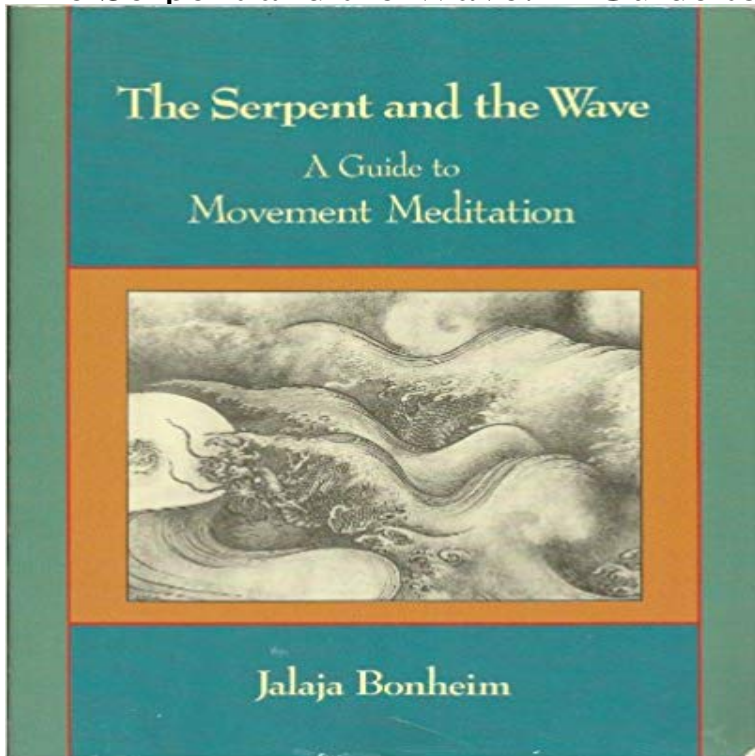


# The Serpent and the Wave: A Guide to Movement Meditation



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