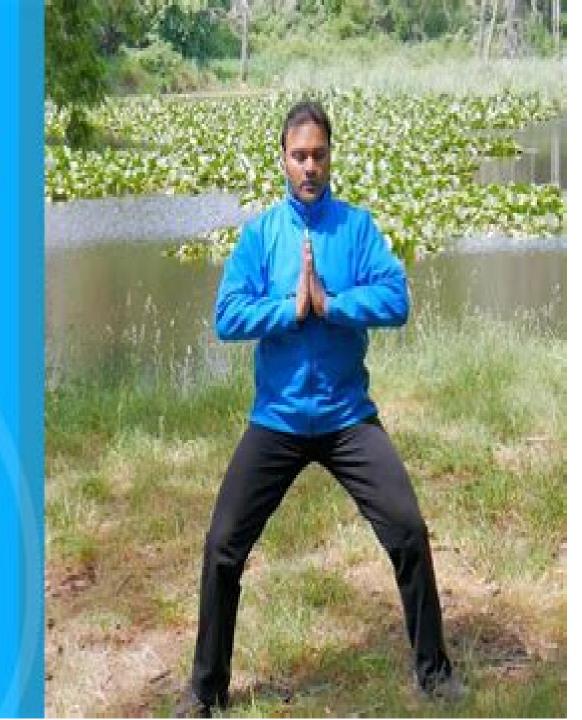
Qigong for Calming and Grounding



# **Relax And Calming Qigong**

**Lucien Sina** 

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