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Kriya for Energy & Rejuvenation | 3HO Foundation

Therefore, when we work on the subtle body—through asana, breath work, and meditation—we are creating new energetic patterns for the physical counterpart to follow. Yoga can be a great way to cleanse and heal the subtle energy body and thus, create rejuvenation—physically and psychologically. 1 Pranayama: Breath of Life | 17 mins

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