

How To Meditate Using Chakras, Mantras, And Breath

By Dennis K., M.D. Chernin

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Written by Dennis K. Chernin, MD, MPH | 31 March 2010 Dennis K. Chernin, M.D., M.P.H. has actively practiced and taught meditation and

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Dennis K. Chernin, M.D., and is a lecturer at the University of Michigan Medical School in the How to Meditate Using Chakras, Mantras, and Breath,

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