



**Meditation: The Gift Inside. How to meditate to quiet your mind, find inner peace and lasting happiness (Letsdoyoga.com Wellness Series)**

*Howard VanEs*

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- Powerful methods to dramatically deepen your meditation.
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Meditation: The Gift Inside," has been written by Howard VanEs, M.A , who has been practicing yoga for over 20 years, is a long time meditator and author of "Beginning Yoga, A Practice Manual", "Ageless Beauty & Timeless Strength", the audio CD: "Shavasana/ Deep Relaxation", and several other yoga related books.

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