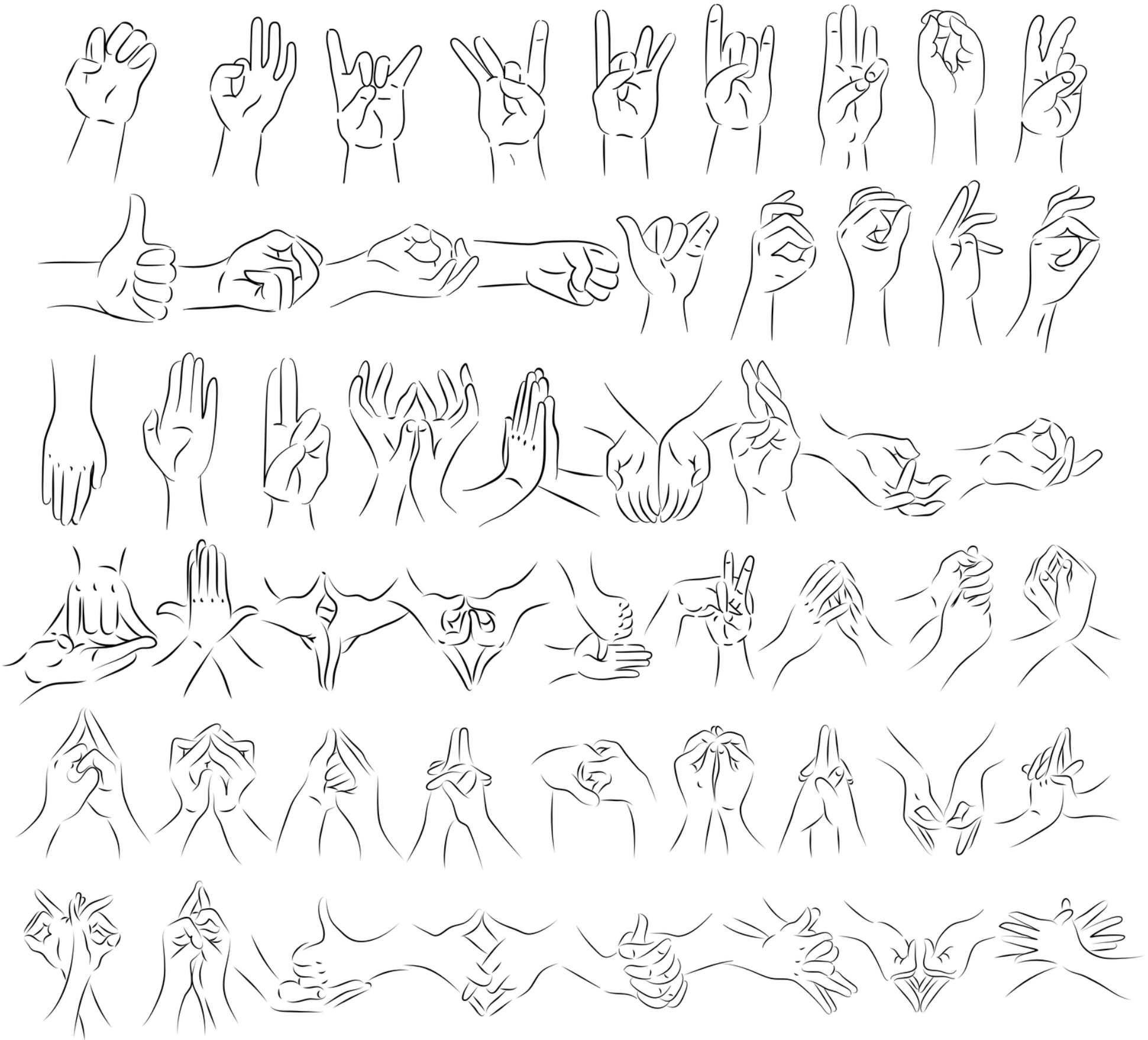


Mudras 101



HARNESS
THE HEALING POWER
OF YOUR HANDS