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Music as Yoga: Discover the Healing Power of Sound

Patrick Bernard

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Music as Yoga: Discover the Healing Power of Sound Patrick Bernard
World-class musician Patrick Bernard presents a compelling case for the transformational potential of sound as a tool for personal development. His insightful words reveal much about the potency of mantra, chanting and prayer, while eloquently explaining "how-to" and "why-to" for those interested in embarking on the sonic journey.

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