



# Enhancing Your Mind Body Spirit Om Shanti Music for Performing Yoga

*Chris Kimber*

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## **Enhancing Your Mind Body Spirit Om Shanti Music for Performing Yoga** Chris Kimber

A Collection of 10 inspiring tracks that will help you structure your Yoga exercises and maximize your well-being. 1. Prayer for Enlightenment 2. Inflation 3. Salutation 4. Strength 5. Energy 6. Surrender 7. Reawaken 8. Spirits 9. Harmony 10. Peace Mantra

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