



PONKOFF CD 025

01. instruction\_1 0:47 02. breathe in and out 4:03 03. instruction\_2 1:04  
04. stop the sound in your ears 4:00 05. instruction\_3 0:23 06. vertebral column 5:05  
07. instruction\_4 0:42 08. center your mind 5:24 09. instruction\_5 0:07

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