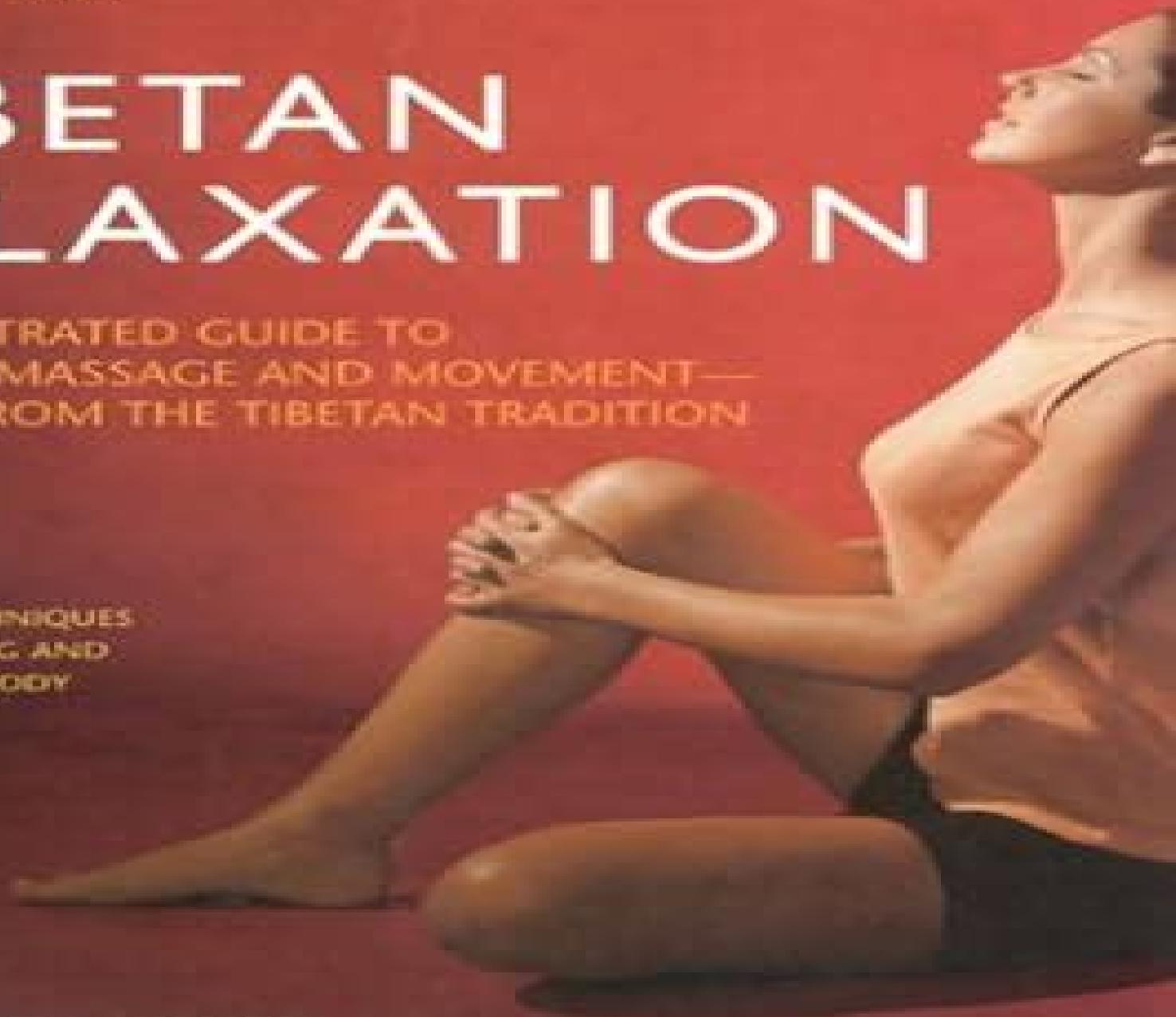


TARTHANG TULKU

TIBETAN RELAXATION

THE ILLUSTRATED GUIDE TO
KUM NYE MASSAGE AND MOVEMENT—
A YOGA FROM THE TIBETAN TRADITION

EFFECTIVE TECHNIQUES
FOR REFRESHING AND
REVITALIZING BODY
AND MIND



PUBLISHED IN ASSOCIATION
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Tibetan Relaxation

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