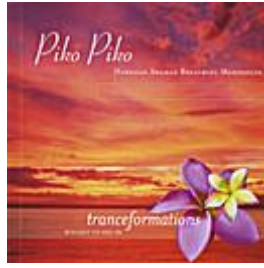


# Mp3 Tranceformations - Piko Piko



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A simple focussed breathing technique practised by Hawaiian Kupua (shaman). You will experience a number of different sequences to enhance your personal energy, to assist with grounding, centreing, meditation healing. 1 MP3 Songs in this album (42:53) ! Related styles: NEW AGE: Meditation, NEW AGE: New Age People who are interested in Deepak Chopra Louise Hay Doreen Virtue should consider this download. Details: A simple focussed breathing technique practised by Hawaiian Kupua (shaman). You will experience a number of different sequences to enhance your personal energy, to assist with grounding, centreing, meditation healing. It can be done with eyes open or closed. About the Author: Tracey Haaolakainapoli Tracey has a background of 13 years in the corporate arena. After many years of studying and gaining qualifications across a broad spectrum of areas in health and wellbeing, Tracey now provides a comprehensive and wholistic approach to total well being physically, mentally and emotionally. This range of CDs incorporates Traceys expertise in Hypnosis, Meditation, Natural Therapies and Music Production to form a uniquely Hawiaan Inspired listening experience that is unlike any other.

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