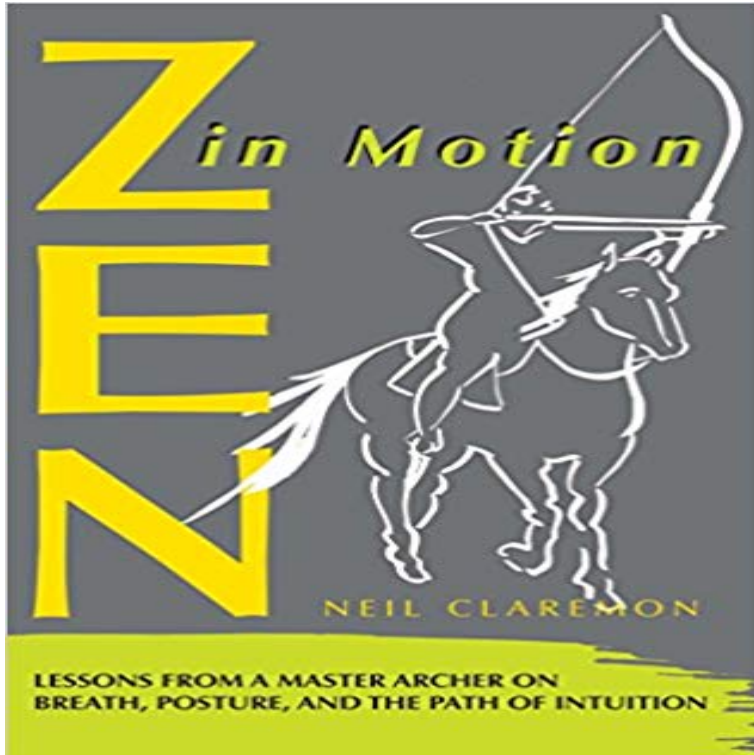


Zen in Motion: Lessons from a Master Archer on Breath, Posture, and the Path of Intuition



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