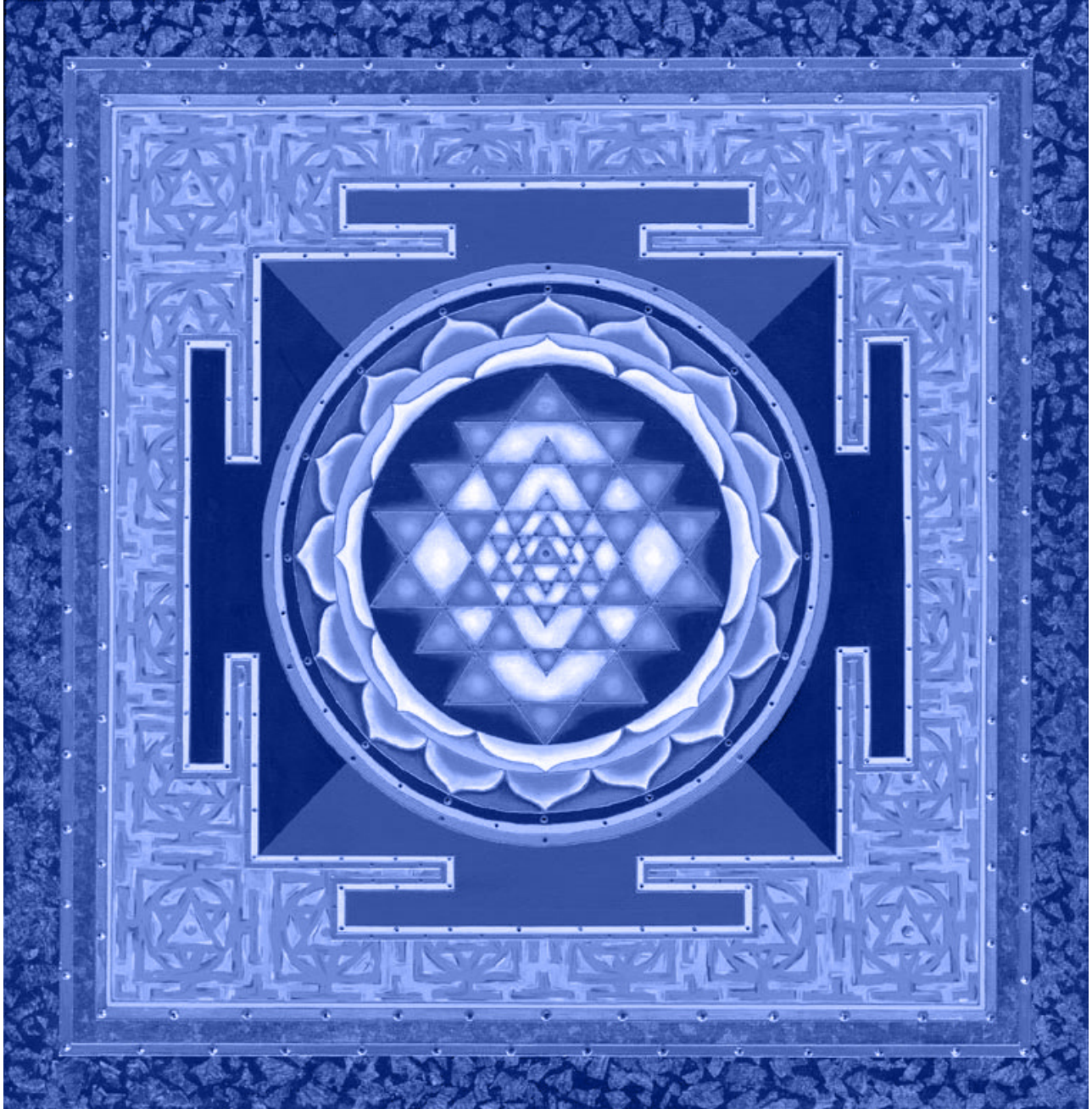


Sri Yantra for the Mindfulness Technique Gaze



These techniques are not substitutes for medical advice as given by a medical physician and it is recommended that a practitioner informs his/her doctor that these techniques are being practiced.