

Teaching Gong Yoga By Mehtab Benton

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Mehtab benton (author of gong yoga)

Mehtab Benton is the author of Gong Yoga (5.00 avg rating, 1 rating, 0 reviews, published 2008), Teaching Gong Yoga (0.0 avg rating, 0 ratings, 0 reviews)

Gong yoga training

Study with the originator of 'Gong Yoga': Mehtab, a direct student of Yogi Bhajan. Required Text: Gong Yoga by Mehtab Benton Recommended Resource:

Mehtab benton at spirit voyage

Mehtab Benton at Spirit Voyage. Spirit He has taught Kundalini Yoga and Gong workshops to students and teachers from around the world at Mehtab is the author

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The Gong Yoga and Kundalini Sadhana week is for yoga students, Mehtab Benton is the originator and author of Gong Yoga, Teaching Gong Yoga:

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MEHTAB BENTON is the originator and teacher and has trained teachers in Hatha and Kundalini Yoga for of Gong Yoga, Astrology Yoga, Teaching Gong

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Mehtab. Mehtab Benton is the originator and author of Gong Yoga, Teaching Gong Yoga, and the DVD course How To Play the Gong for Yoga, Meditation and Healing.

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