

meridian exercise for self pdf

Autonomous Sensory Meridian Response (ASMR) is a previously unstudied sensory phenomenon, in which individuals experience a tingling, static-like sensation across the scalp, back of the neck and at times further areas in response to specific triggering audio and visual stimuli.

Autonomous Sensory Meridian Response (ASMR): a flow-like

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Qigong - Wikipedia

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John Besh - Wikipedia

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