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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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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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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 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

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