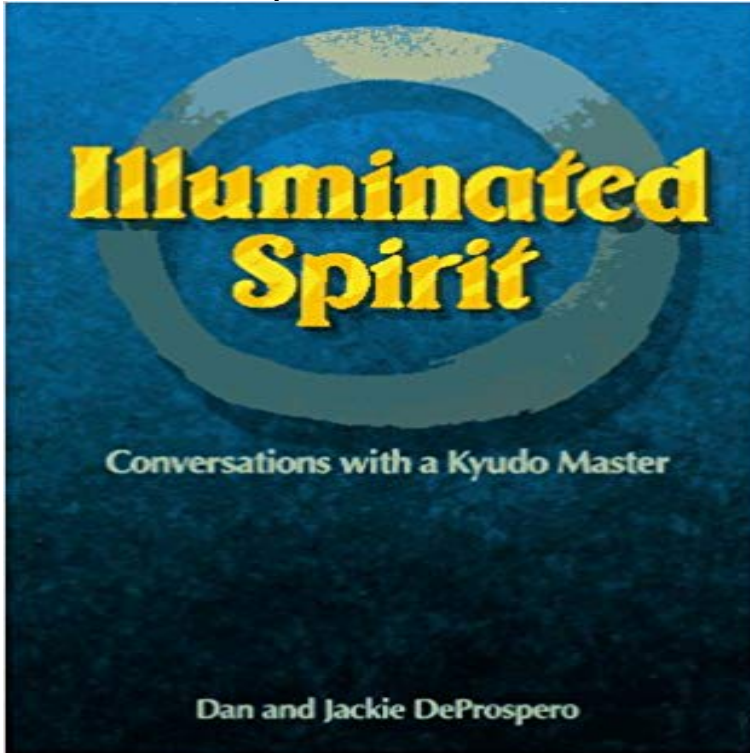


Illuminated Spirit: Conversations with a Kyudo Master



In a dialogue with the authors of this text, Kyudo master Hideharu Onuma explains the fundamentals of breathing, posture and discipline. He points the way to an inner calm, focusing on the here-and-now, and gaining a greater understanding of ones own mind and body, as well as the world around.

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