

# The Art Of Self Adjusting By Michael Hetherington

By Michael Hetherington

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Michael Hetherington is a qualified acupuncturist, lecturer in Oriental medicine and yoga teacher based in Brisbane, Australia. The Art of Self Adjusting.

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Michael Hetherington L.Ac, BHIthSci, is a yoga teacher, Oriental medicine practitioner and author who writes small books on health and wellness.  
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