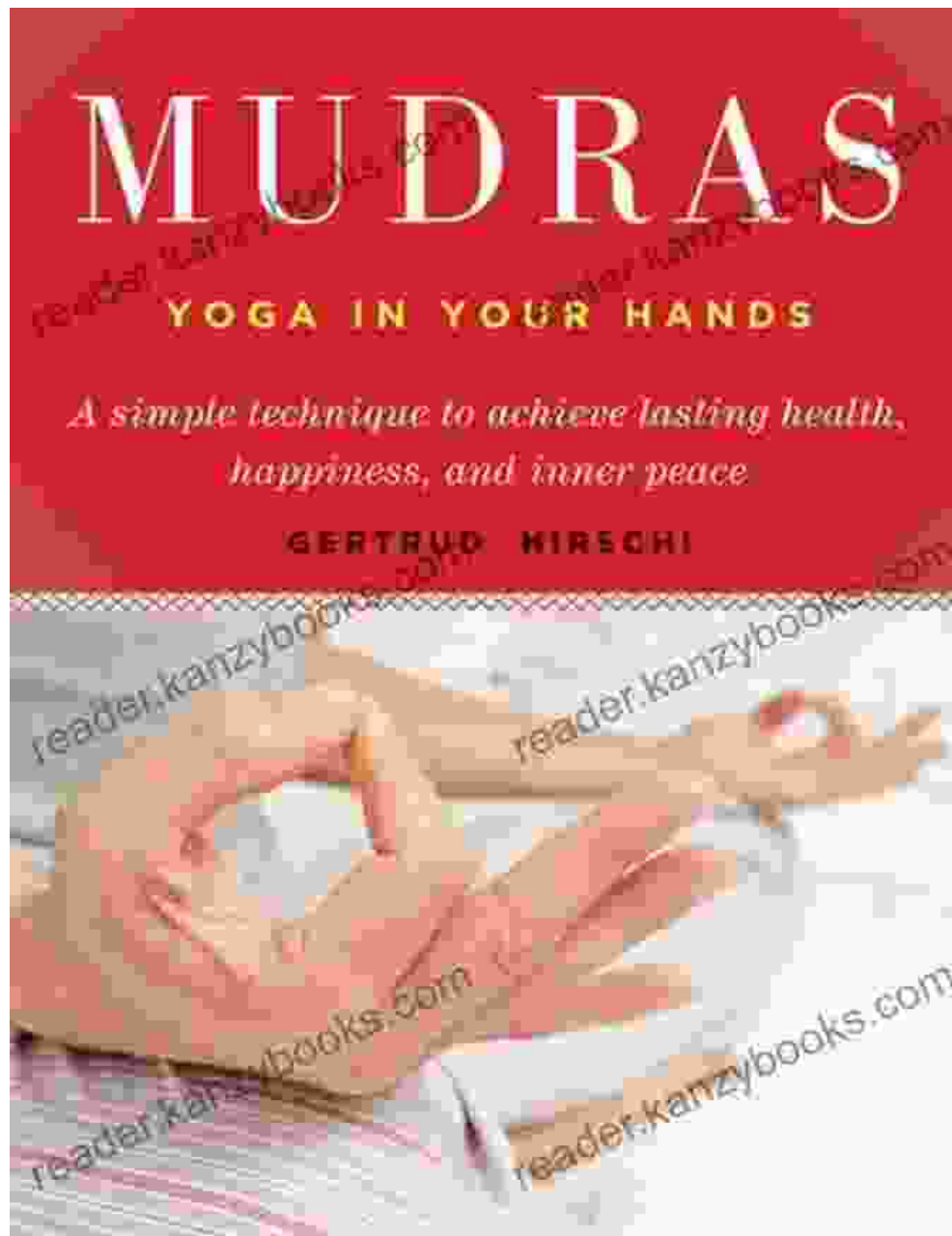


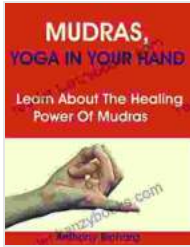
Mudras Yoga In Your Hand: Unlock the Power of Your Fingers



MUDRAS, YOGA IN YOUR HAND: Learn About The Healing Power Of Mudras by Swami Vishnudevananda

★★★★☆ 4 out of 5

Language : English



File size	: 1142 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 52 pages
Lending	: Enabled
Screen Reader	: Supported



What are Mudras?

Mudras are hand gestures that have been used for centuries in yoga, meditation, and other spiritual practices. They are believed to channel energy and promote physical, mental, and emotional well-being.

The Benefits of Mudras Yoga

There are many benefits to practicing mudras yoga, including:

- Improved circulation
- Reduced stress and anxiety
- Increased energy and vitality
- Improved digestion
- Reduced pain and inflammation
- Enhanced spiritual growth

How to Practice Mudras Yoga

Mudras yoga is a simple and accessible practice that can be done anywhere, anytime. To practice mudras yoga, simply follow these steps:

1. Find a comfortable seated or lying position. 2. Close your eyes and take a few deep breaths. 3. Bring your hands to your lap or chest. 4. Make the desired mudra with your hands. 5. Hold the mudra for 5-10 minutes. 6. Repeat with the other hand.

Mudras Yoga In Your Hand

Our book, *Mudras Yoga In Your Hand*, is a comprehensive guide to the ancient art of mudras yoga. In this book, you will learn:

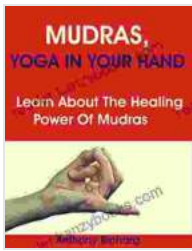
- The history and origins of mudras yoga
- The different types of mudras and their benefits
- How to practice mudras yoga safely and effectively
- Mudras yoga sequences for specific health conditions
- And much more!

Whether you are a beginner or an experienced yoga practitioner, *Mudras Yoga In Your Hand* is the perfect resource for learning how to harness the power of your fingers and improve your health, well-being, and spiritual growth.

Free Download Your Copy Today!

Free Download your copy of *Mudras Yoga In Your Hand* today and start experiencing the benefits of this ancient practice!

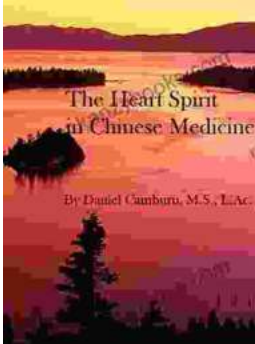
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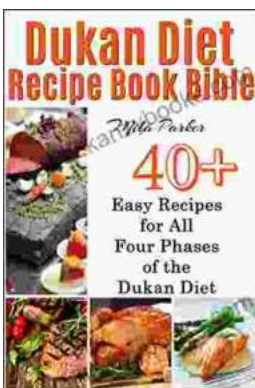
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