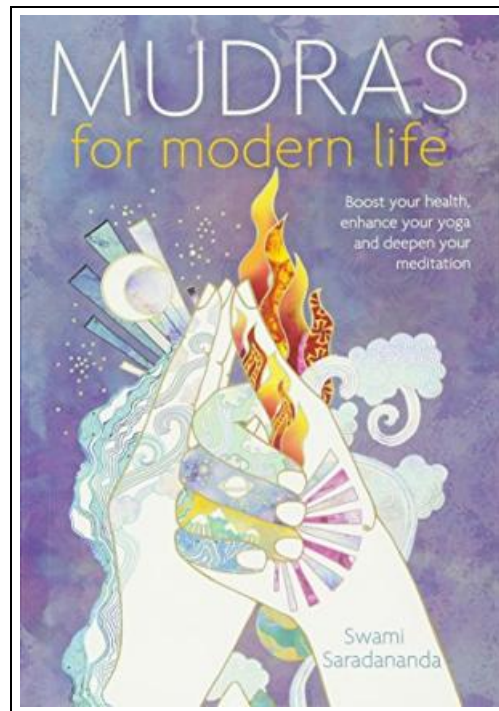


Mudras for Modern Life



Filesize: 8.1 MB

Reviews

Good e-book and beneficial one. I was able to comprehend everything out of this published e.pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mariana Schaden II)

MUDRAS FOR MODERN LIFE



To save **Mudras for Modern Life** eBook, you should follow the button below and download the document or get access to other information that are relevant to MUDRAS FOR MODERN LIFE book.

Condition: New. Publisher/Verlag: Watkins Media Ltd | Boost your health, re-energize your life, enhance your yoga and deepen your meditation | This new, definitive, fully illustrated guide to the ancient art of mudras provides a highly practical and inspirational overview of how to use subtle yogic hand gestures to revitalize every aspect of your life! In this new, beautifully presented guide to the ancient art of mudras – an often overlooked Eastern practice that involves making established hand gestures to direct subtle energy to boost health and wellbeing – readers will discover how to integrate more than 60 mudras into their daily life and/or yoga and meditation practice for increased vitality and inner peace. After introductory chapters laying the foundation of mudras, the six central chapters show why and how to do the mudras themselves. Each chapter is dedicated to a different part of the hand and its corresponding element – fire (thumb), air (index finger), ether (middle finger), earth (ring finger), water (little finger) and mind (palm) – focusing on each element's holistic benefits, whether boosting inner strength, relieving stress, enhancing creativity or increasing concentration. In addition, each mudra entry is enhanced with an accompanying chant, meditation, pranayama, asana, visualization, or personal report about the mudra's benefits. The book then ends with a series of highly useful mudra routines for a range of health issues, both physical and emotional – from anxiety and chronic fatigue to arthritis and headaches. There's genuinely something for everyone in this beautiful new book on the health-enhancing art of mudras. | Format: Paperback | Language/Sprache: english | 432 gr | 235x168x14 mm | 160 pp.



[Read Mudras for Modern Life Online](#)



[Download PDF Mudras for Modern Life](#)

See Also



[PDF] Abraham Lincoln for Kids: His Life and Times with 21 Activities

Follow the link beneath to download and read "Abraham Lincoln for Kids: His Life and Times with 21 Activities" file.

[Download Document »](#)



[PDF] Leila: Further in the Life and Destinies of Darcy Dancer, Gentleman (Donleavy, J. P.)

Follow the link beneath to download and read "Leila: Further in the Life and Destinies of Darcy Dancer, Gentleman (Donleavy, J. P.)" file.

[Download Document »](#)



[PDF] Life and Death of Harriett Frean

Follow the link beneath to download and read "Life and Death of Harriett Frean" file.

[Download Document »](#)



[PDF] Claus Kids Super Sticker Book: A Year-Round Christmas Celebration (Dover Sticker Books) (English and English Edition)

Follow the link beneath to download and read "Claus Kids Super Sticker Book: A Year-Round Christmas Celebration (Dover Sticker Books) (English and English Edition)" file.

[Download Document »](#)



[PDF] Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Follow the link beneath to download and read "Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]" file.

[Download Document »](#)



[PDF] Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Follow the link beneath to download and read "Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]" file.

[Download Document »](#)