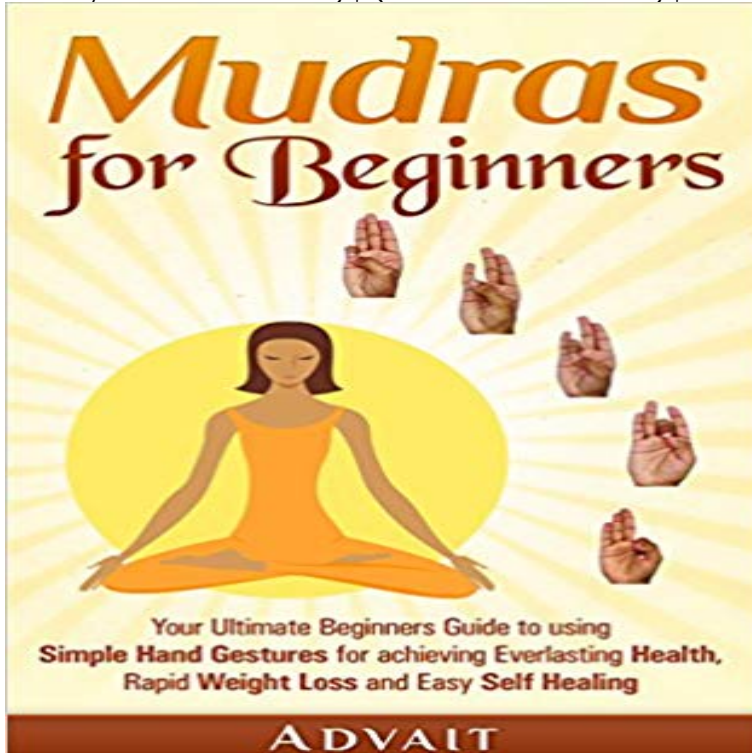


Mudras for Beginners: Your Ultimate Beginners Guide to using Simple Hand Gestures for achieving Everlasting Health, Rapid Weight Loss and Easy Self Healing (Mudra Healing Book 1)



Mudras - The Lost Ancient Vedic Healing Technique Mudras have been in use in the East for thousands of years, invented in early Vedic Hindu culture and then practiced in Buddhism. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment. They're also used to cure physical ailments. Sounds too good to be true!! But believe me it is True!! Do these Mudras while sitting, lying down, standing, or walking. They can be done at any time and place while stuck in traffic, at the office, watching TV, or whenever you have to twiddle your thumbs waiting for something. These hand postures help you -

- #Cure Heart Problems
- #Cure your Cold
- #Increase your Concentration
- #Relieve Muscle Fatigue
- #Cure Diabetes

These Mudras are simple Hand Gestures that transform our hands into real Powerhouses.

Covering all you need to know about performing Mudras, this insightful, informative and fluff-free Beginners Guide will enable you to gain an understanding of a form of yoga that has already helped thousands of people across the globe. From Building Character to Healing Emotional Pain, From Bringing Luck to Connecting With The Divine, Mudras can work wonders. Want to Transform your Life with Simple Hand Gestures Its simple, and you can do it today, just scroll up and click, Buy Now

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