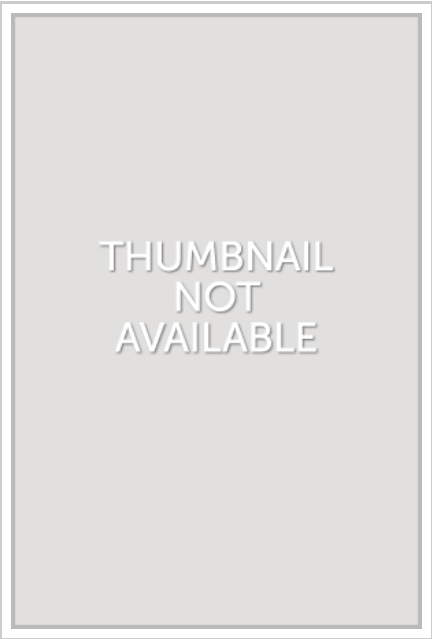


DOWNLOAD

The Healing Power of Mudras: The Yoga of the Hands

By Rajendar Menen

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, The Healing Power of Mudras: The Yoga of the Hands, Rajendar Menen, The use of Mudras, or "yoga of the hands", has been recognised for centuries as a simple yet effective healing tool, known to prevent and cure illnesses and bring about spiritual regeneration. This book examines Mudras, and teaches how regular practice can rejuvenate your body and mind and transform your everyday life. Covering all you need to know about performing Mudras, this insightful and informative book will enable you to gain an understanding of a form of yoga that has already helped thousands of people. Clear illustrations explain exactly how to use Mudras, and chapters explore everything from the use of Mudras in dance and martial arts to diet and the practice of visualisation. Further sections look at how combining Mudras with positive colours and music can improve your wellbeing. They take minutes to perform, and can be done almost anywhere at any time, yet the effects are hugely beneficial. This book is a must for anyone who wants to unlock their spirituality and change their daily lives. Mudras are believed to be the key to spiritual and mental...

READ ONLINE
[7.36 MB]

Reviews

Merely no words and phrases to explain. I was able to comprehended almost everything out of this created e publication. I am quickly will get a satisfaction of studying a created ebook.

-- ***Cleta Doyle***

This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is rally intriguing throgh looking at time period. Its been written in an remarkably straightforward way which is just soon after i finished reading through this book where basically altered me, change the way i think.

-- ***Erna Langosh***