



Mudras: The Simple Beginners Guide to Using Hand Gestures for Healing, Weight Loss, Yoga, Mudras and Chakras (For Modern Life, Awakening Chakras, Ebooks, Advait, Mudras)

Laurent Wygant

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Are you feeling tired, run down and just low on energy?

Do you feel mentally, emotionally or physically drained?

Have you always wanted to learn about meditation but didn't know where to begin?

If you answered yes to any of the above questions, "MUDRAS: The Simple Beginners Guide to Using Hand Gestures for Healing, Weight Loss, Yoga and Chakras" is the book for you!

The book will cover the following and give you deeper insight about how you can maximize your potential physically & mentally through balance & meditation. You will learn the basics and key elements of Mudras, as well as over 30 different Mudras to try and practice!

What Will I Learn?

- What is Mudras?
- Practicing the Mudras
- Mudras in Yoga
- Mudras and Chakras
- Incorporating Mantras
- Bonus

You will learn how practicing Mudras can benefit each function of your body and how it can help you lose weight and prevent and heal almost any ailment you may have. Give this book a try, what do you have to lose?

Grab a copy of this book today!

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Sandra Fritz:

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