



Mudras For Weight Loss: 25 Easy Hand Gestures For Weight Loss - A Beginners Guide To Mudras (Mudras, Weight Loss, Yoga, Ayurveda)

Priya Sareeh

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Mudras For Weight Loss

Achieving Weight Loss can be hard work! For many people it becomes a lifetime's occupation and success can be hard to achieve. For some, losing weight can seem easy but maintaining a healthy weight can be much harder. While our modern lives make weight gain extremely easy, they are not best suited to losing that weight. In recent years many people have begun to turn to more traditional techniques to achieve weight loss. In many traditional cultures, ways of managing our health (including our weight) have included methods that have largely been ignored by science and modern medicine. However, many of these work as well, if not more effectively, than their modern counterparts. Mudras are one of these! They are part of both Hindu and Buddhist traditions and the technique is used in prayer, dance and healing. In this book we explore the most effective Mudras to help you lose weight – and maintain a healthy weight. The Mudras in the book are simple and should be easy for anybody to learn. The book takes a systematic approach to weight loss addressing rapid loss of excess body fat, balancing your digestive system and also developing your willpower and managing the urge to snack!

Here Is A Preview Of What You'll Learn...

Key Mudras For Creating Balance In Your Body

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