



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

Laurent Wygant

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NEW for 2016, the hugely anticipated Mudras: The Beginner's Guide!

This week ONLY, get this AMAZING book for just \$2.99.

Normally priced at \$4.99.

Available on your PC, Mac, phone, tablet or Kindle device.

In this book, you will learn the basics and key elements of Mudras, as well as over 30 different Mudras to try and practice! 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.

Mudras, also referred to as “hand yoga,” are hand gestures and poses that represent and influence various energies in your body. They have been practiced for over five thousand years in Buddhist and Hindu ceremonies, rituals, and other sacred traditions. They are modernly practiced in Taoism, Dharma and Indian religions. In Sanskrit, “Mudra” translates to “closure” or “seal.” Mudras are often practiced during meditation, yoga and Pranayama, which is the practice of controlling your breathing with various different techniques. Most Mudras are practiced using your hands, however some do involve the use of your whole body, especially when practiced during yoga.

It is best to practice Mudras right after you wake up in the morning and right before you fall asleep, although you can also practice before or after meals, while walking. You can practice Mudras with one hand at a time, but most Mudras are more efficient and effective if you practice with both hands. There are a few Mudras that must be practiced with both hands in order to work. The beauty of practicing Mudras is that it is something that anyone, at any age, can do.

A Teaser Of What You're Going Learn...

Introduction to Mudras

Practicing the Mudras

Mudras in Yoga

Mudras and Chakras

Incorporating Mantras

Bonus

..and much, much, more!

So friend, what are you waiting for? Take action with this glorious book and click...ORDER NOW and let's get started!

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