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YOGA *in your* HANDS



GERTRUD HIRSCHI

Mudras Yoga In Your Hands

Sabrina Mesko



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Mudras Gertrud Hirschi, 2016-01-15 A simple technique to achieve lasting health happiness and inner peace Yoga for the hands sounds too good to be true Do it at the office on an airplane lying in bed Seasoned yoga teacher Gertrud Hirschi has used these hand postures to ease asthma relieve flu symptoms think more effectively relieve tension and more Like a classroom instructor she guides readers with simultaneous breathing advice and conjures up helpful images Brian Bruya Amazon com Review Mudras are yoga positions for your hands and fingers They can be practiced sitting lying down standing or walking at any time and place These mysterious healing gestures can calm the stress aggravations and frustrations of everyday life Schooled in the traditional knowledge of this eastern art of healing well known Swiss yoga teacher Gertrud Hirschi shows how these easy techniques can recharge personal energy reserves and improve quality of life Readers will learn how to use the practice of mudras to Prevent illness and ailments Support the healing of many emotional issues Promote spiritual development Intensify the affect with breathing exercises affirmations visualizations herbs nutrition music and colors therapy Also included are several full body mudras and exercises to enhance any meditation and yoga practice

Healing Mudras Sabrina Mesko, 2014 HEALING MUDRAS Yoga for Your Hands New edition An international bestseller translated into more than 14 languages Authored by Mudra expert Sabrina Mesko Ph D H this first practical guide for unleashing the ancient healing power of hand gestures called Mudras includes hand yoga movements breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each Mudras yoga hand movements involve only the arms and hands are extremely easy to do but are so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life

Yoga in Your Hands Colin Briguglio, 2021-05-04 Mudras are powerful sacred hand gestures from the yogic tradition that communicate and symbolize your intentions to yourself and the world around you During challenging times use these three mudras to bring about more peace This book is related to hand gestures which create different Mudras Total 51 Mudras have been described in this book along with how mudras are affecting our body mind heart etc Mudra yoga has been primarily invented by India and this knowledge should be known to everyone What is the spiritual as well as the scientific reason behind it How does it work What are the advantages of mudras How to do it How much time required for doing so All related questions have been answered in this book The focused audience is from children to elders there is no age limit This means all family members can do it easily The book is in the very simple English language and easy to understand Learners should have the five Ws in their mind Why What When Where and Who This is the general philosophy of a person who is keen to learn new things The same concept is explored in this book How do Yoga Mudras affect our body Where and when can we do them This book answers all such questions It s a science and the majority of it has originated from India Hinduism has

shown the earliest recorded knowledge and analysis of the Mudras in different Holy books This tradition is 5000 years old and this science will create harmony between health and happiness The book covers different types of functionality advantages and other important details of Yoga Mudras This book caters to people of all age groups Everyone can find detailed and interesting information about the use of Mudras from this book Have a happy and healthy reading Hope you enjoy reading the book We didn't have health insurance in old times

Healing Mudras for Your Body Sabrina Mesko, Sabrina Mesko Ph D H, 2013-05-08 HEALING MUDRAS for Your BODY Volume I Full COLOR THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Mudras are yoga movements involving only the arms and hands They are extremely easy to do but so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called NADIS and energy centers called CHAKRAS and directing it to help you meet your goals and deal with the problems of everyday life This first book in Healing Mudras series includes full color illustrated instructions for performing the Mudras for your Soul The Mudra expert and bestselling author Sabrina Mesko includes breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each In this Healing Mudras Volume I Edition you will find Mudra for Strong Nerves Preventing Stress Healthy Breast and Heart Overcoming Addictions and more

Yoga in Your Hands Bessie Goldhirsh, 2021-09-04 Mudras are powerful sacred hand gestures from the yogic tradition that communicate and symbolize your intentions to yourself and the world around you During challenging times use these three mudras to bring about more peace This book is related to hand gestures which create different Mudras Total 51 Mudras have been described in this book along with how mudras are affecting our body mind heart etc Mudra yoga has been primarily invented by India and this knowledge should be known to everyone What is the spiritual as well as the scientific reason behind it How does it work What are the advantages of mudras How to do it How much time required for doing so All related questions have been answered in this book The focused audience is from children to elders there is no age limit This means all family members can do it easily The book is in the very simple English language and easy to understand Learners should have the five Ws in their mind Why What When Where and Who This is the general philosophy of a person who is keen to learn new things The same concept is explored in this book How do Yoga Mudras affect our body Where and when can we do them This book answers all such questions It's a science and the majority of it has originated from India Hinduism has shown the earliest recorded knowledge and analysis of the Mudras in different Holy books This tradition is 5000 years old and this science will create harmony between health and happiness The book covers different types of functionality advantages and other important details of Yoga Mudras This book caters to people of all age groups Everyone can find detailed and interesting information about the use of Mudras from this book Have a happy and healthy reading Hope you enjoy reading the book We didn't have health insurance in old times

Hand Mudras: Transformative Yoga for Health and Wellness Premlata Haralalka, AN INTRODUCTION TO HAND

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Healing Mudras Sabrina Mesko, 2013-06-21 Learn the movements that eliminate fatigue and burnout stop anxiety and depression protect your physical health increase love and abundance improve mental clarity and intuition and align your spirit and give you peace **Healing Mudras for Your Soul** Sabrina Mesko, Sabrina Mesko Ph D H, 2013-05-08 HEALING MUDRAS for Your SOUL Volume III Full COLOR THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Mudras are yoga movements involving only the arms and hands They are extremely easy to do but so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called NADIS and energy centers called CHAKRAS and directing it to help you meet your goals and deal with the problems of everyday life This third book in Healing Mudras series includes full color illustrated instructions for performing the Mudras for your Soul The Mudra expert and bestselling author Sabrina Mesko includes breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each In this Healing Mudras Volume III Edition you will find Mudra for Divine Worship Happiness Love Trust Evoking Inner Strength Wisdom Help with a Grave Situation Prosperity and more **Mudras for Virgo** Sabrina Mesko, 2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of VIRGO and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to

help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS **Mudras for Gemini** Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of GEMINI and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS

Reviewing **Mudras Yoga In Your Hands**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Mudras Yoga In Your Hands**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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