


[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
[1.46 MB]

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

-- **Jaqueline Kerluke**

I just started looking at this pdf. It can be rally fascinating through studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- **Mr. Stephan McKenzie**

Related PDFs



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Programming in D: Tutorial and Reference

Ali Cehreli, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The main aim of this book is to teach D to readers who are new to computer programming. Although having experience...



Arthur and the Witch

Phoenix Yard Books. Paperback. Book Condition: new. BRAND NEW, Arthur and the Witch, Johanne Mercier, Daniel Hahn, I'm Arthur and I'm seven, and the other day at Picket Lake, I found the best thing ever: a secret hoard of blueberries! I picked...



Perfect Psychometric Test Results

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Psychometric Test Results, Joanna Moutafi, Ian Newcombe, Perfect Psychometric Test Results is an invaluable guide for anyone who wants to secure their ideal job. Written by a team from Kenexa, one of the UK's...



Perfect Numerical Test Results

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Numerical Test Results, Joanna Moutafi, Ian Newcombe, Perfect Numerical Test Results is the essential guide for anyone who wants to secure their ideal job. Written by a team from Kenexa, one of the UK's...



Perfect Numerical and Logical Test Results

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Numerical and Logical Test Results, Joanna Moutafi, Marianna Moutafi, Have you been asked to sit a numerical or logical reasoning test? -Do you need some help preparing for the questions you'll be asked? -Do...