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Mudra: Finger Yoga

Simple and beneficial gestures

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Category : Practical Books

Genres : Well-Being/Self-Help

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Find out how our fingers are actual magic wands affecting our well-being.

The book features 150 mudras in elegantly illustrated pictorial layouts including descriptions of gestures, their physical and emotional effects, and the associated intention (Sankalpa).

Each mudra will provide optimal circulation of vital energy throughout the body and towards specific organs, with similarly beneficial effects for the mind. Mudra practice quickly becomes a ritual, something to make a part of each day.

Sales in France: 10,000 copies