"The practice of mudras for at least three minutes daily will bring you health, wealth, balance, success, and happiness."--from Healing Mudras

Mudras are yoga movements involving only the arms and hands. They are extremely easy to do, but so powerful that they can transform your life. How? Simply by liberating the energy locked within your body--in 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. In this the first book to make the sacred healing techniques of mudra available to everyone, expert yoga teacher Sabrina Mesko includes dynamically illustrated instructions for performing the fifty-two most accessible mudras, with appropriate breathing exercises, eye movements, mantras, meditations, visualizations, prayers, and affirmations to enhance the power of each. Inside you'll find mudras for:

- Creating inner peace and inner strength
- Eliminating fatigue and overcoming anxiety
- Transcending stress, depression, guilt, and anger
- Calming the mind and sharpening intuition
- Promoting happiness, love, prosperity, longevity
- Healing a broken heart

No previous experience with yoga is needed. If you can move your arms and hands freely and pay attention to your breathing, you can use these ancient healing mudras to enrich your life--wherever you are--in as little as a few minutes a day!

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Yoga for Singers Freeing Your Voice and Spirit Through Yoga, Linda Lister, 2011, Self-Help, 164 pages. From opera diva Karita Mattila to Lady Gaga, from Broadway's Mandy Patinkin to pop star Jason Mraz, singers are doing yoga, and experiencing its ability to free their voices.

Open Your Heart with Kundalini Yoga, Siri Datta, Aug 29, 2008, , 257 pages. One of the most popular books on Kundalini Yoga. Ideal for beginners, packed with the understanding of how this form of yoga works and why. Choose from many different sets.


A Lifestyle Worth Living A Powerful How to Guide for a Happy, Healthy and Purposeful Life, C. A. Human, 2010, Self-Help, 310 pages. What would you pay to have your own Life Coach Personal Trainer Yoga Instructor Meditation Coach OR ALL OF THESE SPECIALISTS AT ONCE? Welcome to one of the most unique Life.

The Everything Stress Management Book Practical Ways to Relax, Be Healthy, and Maintain Your Sanity, Eve Adamson, Dec 1, 2001, Self-Help, 336 pages. Let's face it: We're all stressed out. No matter how hard we work or how much time we spend on burdensome tasks, it seems our deadlines only get tighter and we're barely.

Chakra Workout, Blawyn And Jones, May 13, 1997, , 230 pages. Chakra workouts have come to be acknowledged as time-tested techniques of rejuvenation. The authors have presented a
beginner`s guide to initiate you into the process. The book.

Yoga for the Hands Sabrina’s Mudra Cards, Sabrina Mesko, Jun 1, 2004, Health & Fitness, 64 pages. Yoga's on fire right now, especially with baby boomers focused on their health but worn out from traditional Western exercise options. Nevertheless, these new converts are.

The Women's Health Big Book of Yoga The Essential Guide to Complete Mind/Body Fitness, Kathryn Budig, Oct 30, 2012, Health & Fitness, 416 pages. Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered.

Yoga , , 1995, Health & Fitness, 72 pages. Discusses breathing, warm-up exercises, bends, poses, and meditation.

A Woman's Book of Meditation , Hari Kaur Khalsa, Sep 7, 2006, Health & Fitness, 208 pages. Internationally renowned meditation teacher Hari Kaur Khalsa knows well the whirlwind stresses and strains placed on women today. Through the secrets of ancient Kundalini.

The Kundalini Yoga Experience Bringing Body, Mind, and Spirit Together, Darryl O'Keeffe, Dharma Singh Khalsa, May 11, 2010, Health & Fitness, 144 pages. Unleash your potential to live the life you’ve always wanted. Kundalini yoga engages your unique sources of energy those that empower your spirit as well as your body. Drawing.

Power Mudras Yoga Hand Postures for Women, Sabrina Mesko, Dec 8, 2010, Self-Help, 304 pages. THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Yoga hand movements (called mudras) tap into abundant healing, balancing, and energizing powers. Our bodies contain 72,000.


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