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Mudras: Yoga in Your Hands

By Gertrud Hirschi

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Mudras: Yoga in Your Hands, Gertrud Hirschi, With a foreword by Shelley von Strunkel. Mudras - also playfully called 'finger power points' are yoga positions for your hands and fingers. they can be practiced sitting, lying down, standing or walking, at any time and place! Schooled in the traditional knowledge of this Eastern art of healing, Gertrud Hirschi, the well-known Swiss yoga teacher and author of Basic Yoga for Everybody, shows you how these easy techniques can recharge your personal energy reserves and improve your quality of living. Use these mysterious healing gestures to calm the stress, aggravations and frustrations of every day life. In Mudras: Yoga in Your Hands, you will learn: - How you can apply these simple exercises to prevent illness and support the healing of a great variety of physical and emotional problems. - How to use mudras to promote your spiritual development. - How you can additionally intensify the effect with breathing exercises, affirmations, visualisations, herbs, nutrition, music and colours. Also included are several full body mudras and exercises to enhance your meditation and yoga practice.



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