

## Mudras for Aquarius: Yoga for Your Hands



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### ***Reviews***

*This book is very gripping and exciting. I was able to comprehend everything out of this written e publication. You will not truly feel monotony at any time of your respective time (that's what catalogs are for concerning should you question me).*

***(Eulalia Schamberger)***

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Mudra Hands Publishing. Paperback. Book Condition: New. Paperback. 60 pages. Dimensions: 7.8in. x 5.1in. x 0.1in. 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 AQUARIUS and would like a quick, easy to do technique to help TRANSCEND Your Signs 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! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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