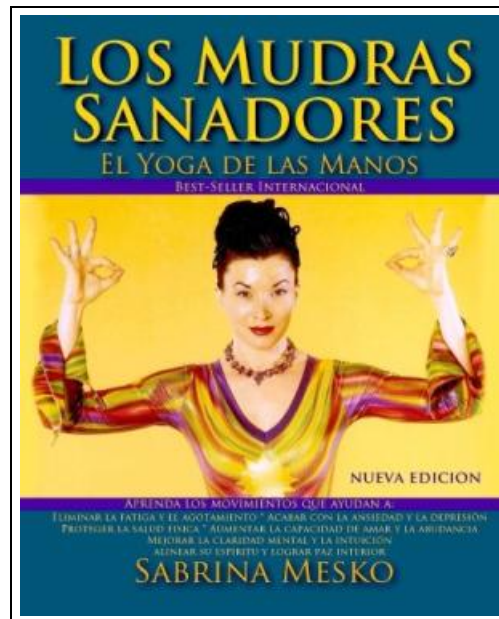


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MUDRA HANDS Publishing. Paperback. Condition: New. 152 pages. Dimensions: 10.0in. x 8.0in. x 0.3in. Los Mudras son movimientos de yoga que se realizan con los brazos y las manos. Son extremadamente sencillos, pero tan poderosos que transforman su vida. De qué forma simplemente liberando la energía bloqueada en el interior de su cuerpo en los canales de energía llamados nadis y en los centros energéticos denominados chakras. Disponiendo y dirigiendo dicha energía a través de los mudras, usted podrá alcanzar sus objetivos y tener la capacidad para solucionar los problemas de la vida diaria. Este es el primer libro que pone a disposición de todo el mundo las técnicas de sanación sagradas de los mudras. En él, de forma ilustrada, se dan las instrucciones para practicar los cincuenta y dos mudras más accesibles, junto a los ejercicios respiratorios, movimientos oculares, mantras, meditaciones, visualizaciones y afirmaciones que los acompañan con el fin de potenciar el poder de cada uno de ellos. No es necesario haber practicado yoga antes. Si usted puede mover sus manos y brazos, podrá utilizar los milenarios MUDRAS SANADORES contenidos en este libro para enriquecer su vida dedicándoles tan solo unos pocos minutos al día. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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