

**Mudras Of Yoga: 72 Hand Gestures For Healing And
Spiritual Growth By Cain Carroll, Revital Carroll**

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Mudras - complete person

They are widely seen in Meditation, yoga, and other spiritual practices. In mudra therapy, different hand gestures are used to energize, remove The physical development of Vata people are weak and flat, and they are either too There are various hand gestures or mudras that could heal and prevent many diseases.

Mudras of yoga: 72 hand gestures for healing and spiritual growth

Mudras of Yoga: 72 Hand Gestures for Healing and Spiritual Growth (English, Hardcover, Revital Carroll, Cain Carroll)

Mudras: the transformative power in our hands. | elephant journal

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Title:Mudras of Yoga: 72 Hand Gestures for Healing and Spiritual Growth; ISBN-10:1848191766; ISBN-13:9781848191761; Author:Cain Carroll

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Hand mudras have been used for centuries in yogic traditions to promote health and wellbeing, and they are considered valuable tools on the path of spiritual

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Tantra - wikipedia

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