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Mudras for Virgo: Yoga for your Hands (Mudras for Astrological Signs) (Volume 6)

Sabrina Mesko

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Mudras for Virgo: Yoga for your Hands (Mudras for Astrological Signs) (Volume 6) Sabrina Mesko 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 VIRGO and would like a quick, easy to do technique to help TRANSCEND Your Sign’s 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!

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