



Mudras for Scorpio: Yoga for Your Hands

By Sabrina Mesko

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 SCORPIO 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, chakras 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...



READ ONLINE
[5.77 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**