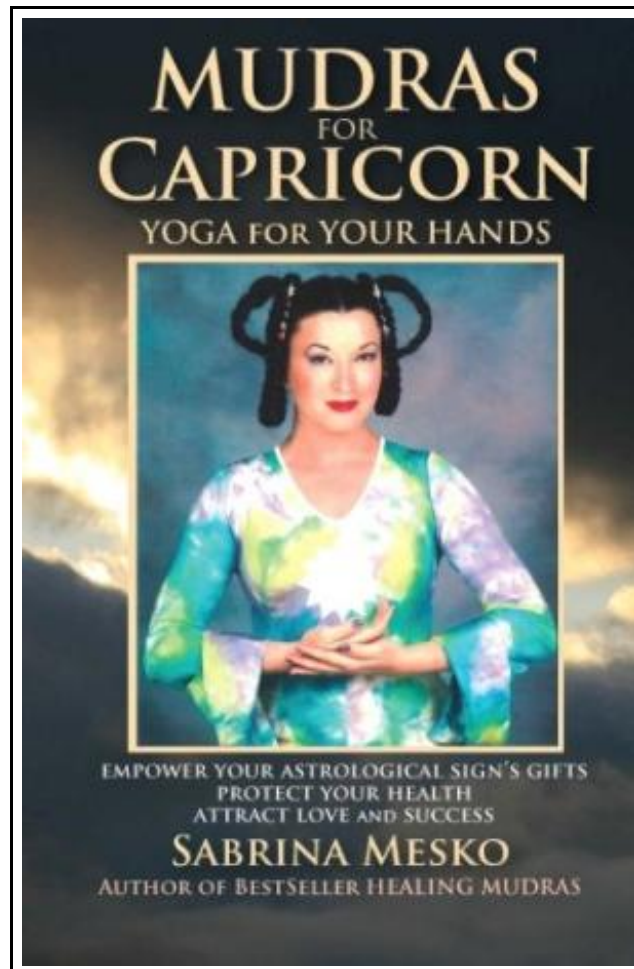


Mudras for Capricorn: Yoga for Your Hands



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Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.

(Prof. Damon Kautzer III)

MUDRAS FOR CAPRICORN: YOGA FOR YOUR HANDS



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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 CAPRICORN 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 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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