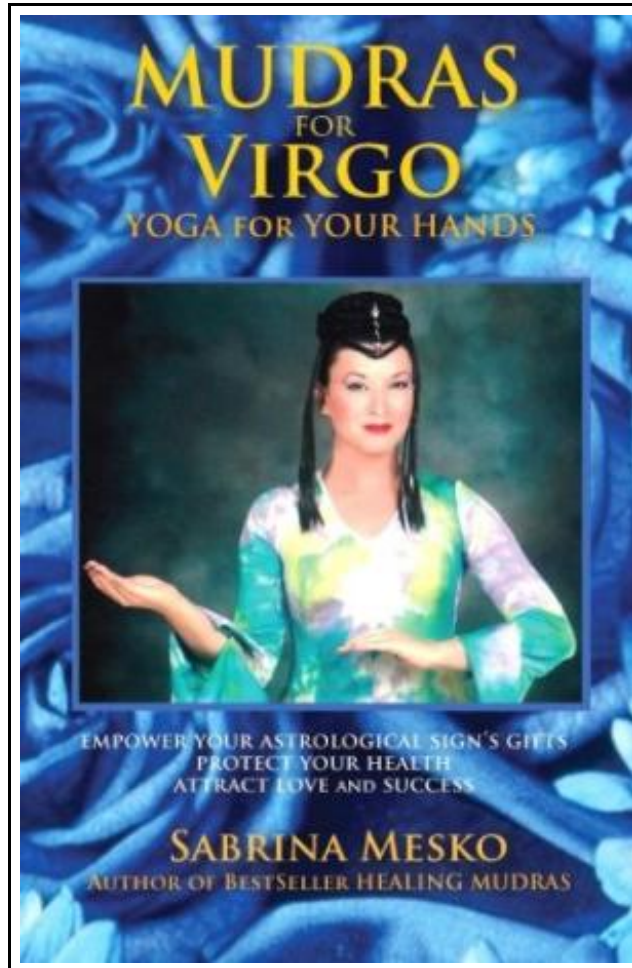


Mudras for Virgo: Yoga for Your Hands



Filesize: 6.51 MB

Reviews

This publication is fantastic. We have read through and i am certain that i will planning to read yet again yet again down the road. You wont feel monotony at at any time of your respective time (that's what catalogs are for concerning when you request me).

(Alec Langosh)

MUDRAS FOR VIRGO: YOGA FOR YOUR HANDS

[DOWNLOAD](#)

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 VIRGO 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.

[Read Mudras for Virgo: Yoga for Your Hands Online](#)[Download PDF Mudras for Virgo: Yoga for Your Hands](#)

Related Books



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download eBook »](#)



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Download eBook »](#)



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

[Download eBook »](#)



The Secret Life of Trees DK READERS

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.This Level 2 book is perfect for children who are beginning to read alone. Why do trees lose their leaves in...

[Download eBook »](#)



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

[Download eBook »](#)