



YOGA: Mudras: Beginners Guide for Daily Use 23 EASY and FAST Hand Gestures for Effective Weight Loss, Unstoppable Energy and Natural Self-Healing

Alex O'Connor

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Have you ever felt with no energy for following your goals or simply with no ambition in life?

Do you want to improve your health by losing some weight?

Or maybe be able to reduce some negative symptoms you might feel throughout the day?

IMPROVING YOUR LIFE: 7 BENEFITS OF MUDRAS

- They help on harmonizing mind and body, making energy easily to flow within the body
- They relief physical discomfort, easing pain by stimulating the endorphin system
- They produce a considerable relaxation, so they can be used for fighting insomnia
- They improve mood, stimulating positive thinking
- They raise self-esteem, offering the possibility to rely on your abilities
- They improve concentration when combined with meditation
- They can improve your health helping Weight Loss or other daily issues (headaches, stomachache, constipation, rheumatic problems,etc)

Too good to be true?

Then why so many generations have been using these Mudras?

Now you can take advantage of LEARNING AND USING these ancient techniques for IMPROVING YOUR LIFE.

7 THINGS YOU'LL LEARN READING THIS BOOK?

- How to Lose some Weight
- How to Be More Productive
- How to Become More Self-Assured
- How to Turn Pessimism Into Real Positivism
- How to Deal With Stress
- How to Overcome Fear

◦ How to Improve symptoms caused by Rheumatism, voice problems, phlegm, constipation and other daily issues

- **Take Action NOW, Download this book and start learning and using the Ancient Mudras TODAY!**

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Tags: Yoga, Mudras, Mudras For Beginners, Crystal Healing, Hand Mudras, Weight Loss, Energy.

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