

Mudras - El Poder del Yoga En Tus Manos

Rare Book

Amazon Review

Yoga for the hands--sounds too good to be true. Do it at the office, on an aeroplane, lying in bed. Seasoned yoga teacher Gertrud Hirschi has used these hand postures to ease asthma, relieve flu symptoms, think more effectively, relieve tension, even have a bowel movement. The possibilities she attributes to these ancient Indian techniques are endless. Join the tips of the index finger and thumb: this clears the mind. Switch the thumb to the little finger: this restores the body's fluid balance. It's not quite that easy, of course. Hirschi is careful to lay out exercise regimens, related herbal remedies, and associated affirmations. Like a classroom instructor, she guides with simultaneous breathing advice and conjures up helpful images. From building character to healing emotional pain, from bringing luck to connecting with the divine, mudras can work wonders. Now limber up those digits and let's get into spiritual shape. --*Brian Bruya, Amazon.com*

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From the Back Cover

Mudras - also playfully called 'finger power points' are yoga positions for your hands and fingers. they can be practiced sitting, lying down, standing or walking, at any time and place!

Schooled in the traditional knowledge of this Eastern art of healing, Gertrud Hirschi, the well-known Swiss yoga teacher and author of *Basic Yoga for Everybody*, shows you how these easy techniques can recharge your personal energy reserves and improve your quality of living. Use these mysterious healing gestures to calm the stress, aggravations and frustrations of every day life. In *Mudras: Yoga in Your Hands*, you will learn:

- How you can apply these simple exercises to prevent illness and support the healing of a great variety of physical and emotional problems.
- How to use mudras to promote your spiritual development.
- How you can additionally intensify the effect with breathing exercises, affirmations, visualisations, herbs, nutrition, music and colours.

Also included are several full body mudras and exercises to enhance your meditation and yoga practice.

Mudras - El Poder del Yoga En Tus Manos por Gertrud Hirschi.. Regístrese ahora para tener acceso a miles de libros disponibles para su descarga gratuita. El registro fue libre.



- Título del libro : Mudras - El Poder del Yoga En Tus Manos
- ISBN: 8479533404
- Autor: Gertrud Hirschi

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Mudras – el poder del yoga en tus manos. Gertrud Hirschi ...

“Mudra es un concepto con muchos significados. Con la palabra “Mudra” se hace referencia a un gesto, a una posición mística de las manos, a un ...

MUDRAS: EL PODER DEL YOGA EN TUS MANOS

MUDRAS: EL PODER DEL YOGA EN TUS MANOS del autor GERTRUD HIRSCHI (ISBN 9788479533403). Comprar libro completo al MEJOR PRECIO nuevo o segunda mano, leer ...

Mudras. El poder del Yoga en tus manos

Un optimo libro para conocer los mudras y sus aplicaciones físicas, psicológicas y espirituales.

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Mudras El Poder Del Yoga En Tus Manos

[IMG] Los mudras, gestos sagrados de la tradición hindú y otras religiones, constituyen poderosos mensajes dirigidos desde las manos hacia nuestro...

Mudras, el poder del yoga en tus manos

Titulo Mudras, el poder del yoga en tus manos Autor Gertrud Hirschi Formato Pdf Idioma Español Paginas 119 Servidor (% Online) Uploaded(100%), Uploadable ...

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Uiaj Mudras El Poder Del Yoga en Tus Manos

Uiaj Mudras El Poder Del Yoga en Tus Manos. ... Este simbolismo se pone de manifiesto sobre todo en el mudra de la mano más conocido del Yoga. por lo que.

Mudras: el poder en tus manos

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practicando Yoga y sabía que este país es considerado la cuna del yoga, ...