Ebook Directory
the best source of ebook

The book was found

Mudras: Mudras For Weight Loss, Mudras For Awakening Chakras, Mudras For Healing (Mudras - Chakras - Mudra Yoga)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Ultimate 3-In-1 Box Set! Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Spiritual Healing! Start creating a Happy Body, Mind and Spirit Today!This is the most comprehensive and informative guide about mudras you can find online! We are offering you a practical guide on healing with mudras with detailed descriptions, high-quality photos and spreadsheets - all at an awesome price. Buying this set of three books, you are getting one book for free! Save your time and money!Reduce Stress, Lose Weight, Promote Healing, and Create Lasting Inner Peace with yoga mudras!->Book 1: 23 Mudras for Weight LossWhat you will learn from "23 Mudras for Weight Loss":Ã¢â ¬Â¢ How to prepare physically, mentally and spiritually towards mudra power for weight lossÃ¢â ¬Â¢ How, when and what kind of mudras you should use for the most effective weight loss and health improvementÃ¢â ¬Â¢ Which one of the mudras is most effective for weight lossÃ¢â ¬Â¢ What problems can arise due to improper use of mudras and how to avoid themand much much more. ->Book 2: "23 Mudras for Spiritual Healing"Many of our diseases are caused by our state of mind. Fear, anger, jealousy, insecurity - all these negative emotions are poisoning our health. Mudras for Spiritual Healing will help you get rid of these negative states and heal your body and spirit.The book is written in a reader-friendly language. It is backed by the facts and figures from the ancient texts considered to be the gold standard books of the mudras and reliable modern studies, researches and interpretations.->Book 3: "21 Mudras for Awakening Chakras"This book comprises of 21 ways of unlocking, awakening and charging your chakras through Buddhist and early Indian yoga techniques to heal and nourish your body and mind. This book explains various definitions of mudras and the essence of chakras in buying a peaceful life. 5 reasons to buy this Box-Set:Ã¢â ¬Â¢ It is written by advanced researcher and practitioner of Yoga Mudras and Ayurveda with vast experiences in subjectÃ¢â ¬Â¢ The books provides detailed description of mudras with high quality and clear illustrationsÃ¢â ¬Â¢ After regular practice of mudras, described in this books, you will not only lose weight, but also properly configure metabolism and clean your body from toxinsÃ¢â ¬Â¢ You will start to control how you feel both physically, mentally, and emotionallyÃ¢â ¬Â¢ You will reduce stress and feel more peaceful, happy and confident Are you ready to start enjoying life enhancing benefits of yoga mudras? Are you ready to achieve emotional and spiritual wellness?Grab your copy NOW and start to live a balanced, stress-free life, full of physical and spiritual health and happiness!Tags: mudras, mudras for beginners, mudras for weight loss, effortless weight loss, easy weight loss, mudras for awakening chakras, mudras for healing, mudras for spiritual healing, mudras for health, effortless healing, chakras, chakras for beginners, chakra healing, chakra balancing, chakra clearing

Book Information

File Size: 1770 KB

Print Length: 125 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 27, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B010KV1S40

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #823,714 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26 inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Islam > Shi'ism #83 inÃ Â Books > Religion & Spirituality > Islam > Shi'ism #709 inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Chakras

Customer Reviews

This set of books is simple and easy to read, yet very comprehensive. It contains many illustrations and all the information you need in order to learn about those powerful gestures associated with Yoga and Meditation: Mudras. It also offers clear instructions that will teach you how and what kind of mudras you should use in order to lose weight in the most effective way, achieve spiritual healing, and awaken your Chakras so that you can live your life to its fullest potential.If you have set these goals for yourself, or you just want to familiarize yourself with the mystical concepts of Mudras and Chakras, this book is for you!

A crack on your neck might be a sign that you are experiencing stress. And we all know stress is not easy to handle. That is why a lot of books are being published today that helps everyone to fight this kind of problem. This book doesn't care of what religion you are in or what practices you used to have this will actually help you to ease the pain you are feeling. The book was written properly and easy to understand, grab this book to help you start a healthier lifestyle.

I had always been curious about mudras. I decided to take a look and I'm clearly amazed at what I found. Having, since bought this easy read, received much better mental clarity I'm really happy. I feel much more relaxed throughout day to day activities and have made conscious decision in turn and see goals much more in view. Thanks!

Mudra is translated as a sign or seal . The wise do not give you a complete cure , but it can significantly help people who have the disease . The book describes how to do this . The book helps to find the right wisely and then execute it . It was interesting to read.

Detail description of what a Mudras is and how to apply Mudras for healing. It was clearly written first in British English and later changed to American English. I'd give it a four star.

Great book with easy to follow steps. Also liked the photos included in the book.

Download to continue reading...

Mudras: Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Healing (Mudras - Chakras - Mudra yoga) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) CHAKRAS: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Yoga: The Yoga Beginner's Bible: Top 63 Illustrated

Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8) Mudras for Women: 25 Simple Hand Gestures Every Woman Should Know for attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced Vitality (Mudra Healing Book 12) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Yoga For Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy BodyÃ¢â ¬â •FAST! Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Chakras: Chakras for Beginners, Awaken Your Internal Ã¢â ¬Â¨Positive Energy, Healing, Spiritual Growth, Ã¢â ¬Â¨Balancing, Essential Oil for the Chakras

Contact Us

DMCA

Privacy

FAQ & Help