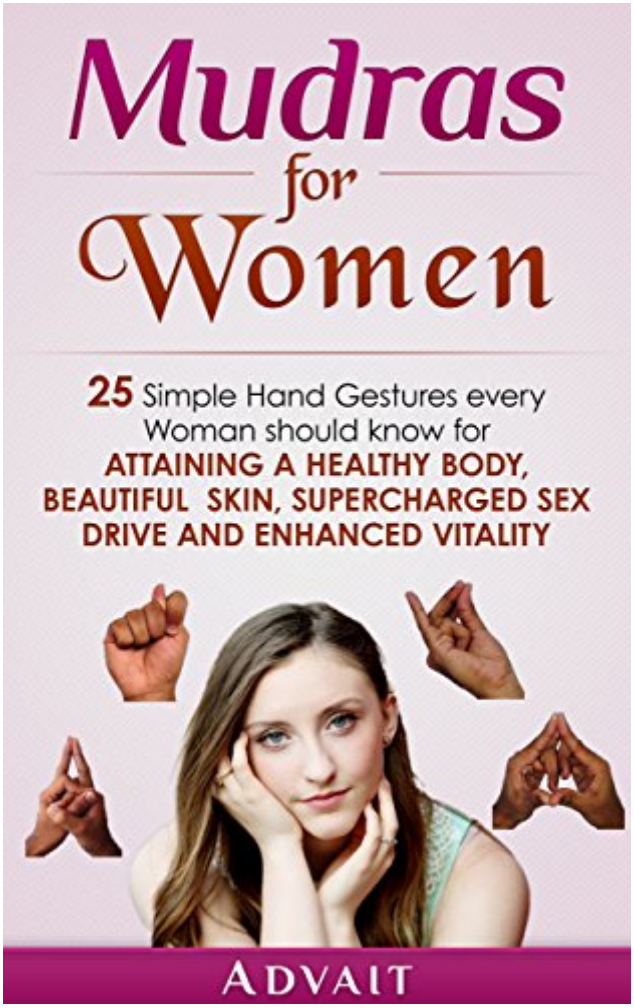
Ebook Directory
the best source of ebook

The book was found

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)




PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Your Guide to transforming your life with Simple Hand Gestures!!!Mudras for Women is all about educating you about Ancient Vedic 'Mudra' techniques which involves Boosting your health manifolds with Simple Hand Gestures.The ancient Vedic culture teaches us that the Universal Cosmic Energy (World Energy) is made up of two halves, Shiva and Shakti.Shiva is the Masculine component and Shakti, the Feminine, and women are considered as the physical human manifestation of Shakti, the one who protects, preserves and helps the world thrive.Though the responsibilities and burdens of the world fall equally on the shoulders of women and men in these modern times, Yet by natural design, women are subjected to much greater responsibilities.A woman undergoes three important stages in her lifetime, MenstruationPregnancyMenopauseEach of which affect her physically as well as psychologically.That is where Mudra healing comes in, by performing these simple hand gestures, every woman can find a natural balance between her body, mind and soul.This book offers you Ancient Vedic Techniques that will help you attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced Vitality.You don't believe me?? Try out for yourself.These Mudras work wonders!!Discover:: 25 Simple Hand Gestures for attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced VitalityThis book details a variety of Simple Hand Gestures called as Mudras, that when performed regularly will help you achieve everlasting health.Some of the Mudras that youÃ¢â ¬â„¢ll discover inside this book are:# Mahatrikamudra / Mudra of The Great Trinity (helpful in regulating your menstrual cycle and instantly relieves menstrual cramps)# Varahamudra / Mudra of The Hog (activates your bodies self-healing capability)# Yonimudra / Mudra of Vulva (tones and maintains the health of your pelvic organs)# Shanmukhmudra / Mudra of six Faces (arrests hair-fall and reinforces your immune system)# Shaktimudra / Mudra of The Divine Feminine (establishes a spiritual connection between you and the divine feminine)Everlasting health is Achievable!! Just perform these Simple Hand Gestures regularly.Would You Like To Know More?Download this book now...Scroll to the top of the page and select the buy button.P.S - This Book is enrolled in 'KINDLE UNLIMITED', If you are a Kindle Unlimited Subscriber, Download this book for FREE, and I bet, you will buy it afterwards for your collection and reference.

Book Information

File Size: 4915 KB

Print Length: 114 pages

Page Numbers Source ISBN: 1533342105

Simultaneous Device Usage: Unlimited

Publication Date: May 13, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01FOIRFOQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #333,590 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #113 inÃ Â Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #453 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing #716 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

Customer Reviews

As with the rest of Advait's books, they are quick reads, straight to the point, lots of photos to go along with the clear instructions on how to do each of the 25 Mudras for Women. He starts out telling you what is a Mudra & why you should be doing these every day and the benefits for your health. This a healing method using your hands from the ancient Indian Vedic culture.

I'm noticing significant changes while practicing and tremendous positive after-effects few days later by performing these mudras.

Very nice book. Recommended.

very useful and exquisite work. I never see a book on this particular topic. some of the mudras mentioned here also good for digestive system,which many of women have problem with.Well done, Advait. Wish to have 'Mudras for Men' .

Great book! I have learned so many good things from this author but the mudras are my favorite. So

easy to do and so powerful. Thank you for sharing your knowledge!

These are mudras for women's health that I will use regularly. They are well described and illustrated. Mudras are subtle but powerful to shift and move energy.

I enjoy this book and all Advait's other books that I have purchased. Straight to the point and helpful at least to me.Thank you.

Love the way Advait writes his books. Clear, concise, easy to understand and use.

Download to continue reading...

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) 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) 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) Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Mudras of Indian Dance: 52 Hand Gestures for Artistic Expression The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists What Every Student Should Know About Citing Sources with APA Documentation (What Every Student Should Know About...) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Sex Pictures: Beautiful Pictures of Beautiful Women (sex books, sex pictures, sexy memes) Organic

Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) 30 Things Every Woman Should Have and Should Know by the Time She's 30 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1)

Contact Us

DMCA

Privacy

FAQ & Help