



## Mudras - El Poder del Yoga En Tus Manos



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# Mudras - El Poder del Yoga En Tus Manos

*Gertrud Hirschi*

## **Mudras - El Poder del Yoga En Tus Manos** Gertrud Hirschi

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, well-known Swiss yoga teacher, Gertrud Hirschi, shows how these easy techniques can recharge personal energy reserves and improve quality of life. These mysterious healing gestures can calm the stress, aggravations, and frustrations of everyday life. Readers will learn how to: Apply these simple exercises to prevent illness and support the healing of a great variety of physical and emotional problems. Use mudras to promote spiritual development. Additionally intensify the effect with breathing exercises, affirmations, visualizations, herbs, nutrition, music, and colors.

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

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Binding: Paperback

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* Review

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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.

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