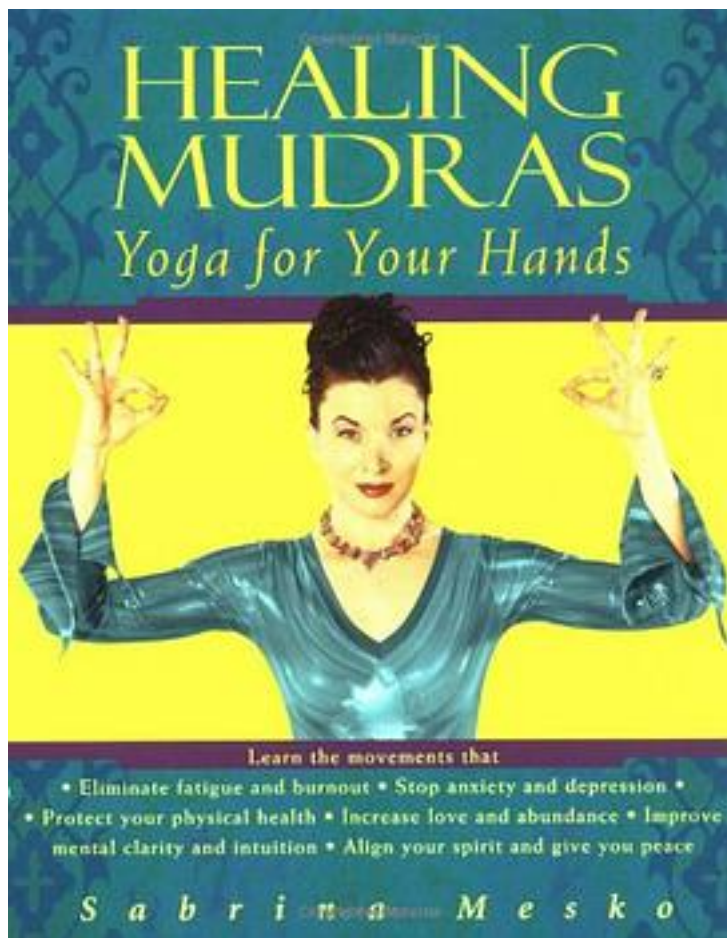


# Healing Mudras



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著者:Mesko, Sabrina

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"The practice of mudras for at least three minutes daily will bring you health, wealth, balance, success, and happiness."

--from Healing Mudras

Mudras are yoga movements involving only the arms and hands. They are extremely easy to do, but so powerful that they can transform your life. How? Simply by liberating the energy locked within your body--in energy channels called nadis and energy centers called chakras--and directing it to help you meet your goals and deal with the problems of everyday life.

In this the first book to make the sacred healing techniques of mudra available to everyone, expert yoga teacher Sabrina Mesko includes dynamically illustrated instructions for performing the fifty-two most accessible mudras, with appropriate breathing exercises, eye movements, mantras, meditations, visualizations, prayers, and affirmations to enhance the power of each. Inside you'll find mudras for

- Creating inner peace and inner strength - Eliminating fatigue and overcoming anxiety
- Protecting your physical and emotional health - Transcending stress, depression, guilt, and anger
- Calming the mind and sharpening intuition - Promoting happiness, love, prosperity, longevity
- Healing a broken heart - and much more!

No previous experience with yoga is needed. If you can move your arms and hands freely and pay attention to your breathing, you can use these ancient healing mudras to enrich your life--wherever you are--in as little as a few minutes a day!

作者介绍:

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