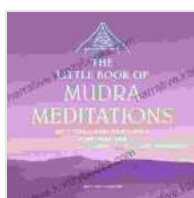


The Little Book of Mudra Meditations: 50 Easy Practices for Health, Well-being, and Peace

Discover the power of mudra meditation with this beginner-friendly guide. The Little Book of Mudra Meditations provides 50 simple and easy-to-follow mudras for all levels of experience. Each mudra is described in detail and accompanied by a photograph, making it easy to learn and practice.



The Little Book of Mudra Meditations: 30 Yoga Hand Gestures for Healing by Autumn Adams

★★★★☆ 4.7 out of 5

Language	: English
File size	: 873 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 148 pages
Lending	: Enabled



Mudra meditation is an ancient practice that uses hand gestures to promote health, well-being, and peace. Mudras are believed to stimulate energy points in the body, which can help to reduce stress, improve sleep, and boost the immune system. Mudra meditation can also be used to promote spiritual growth and connect with the divine.

The Little Book of Mudra Meditations is the perfect way to get started on your own practice of mudra meditation. This book provides everything you

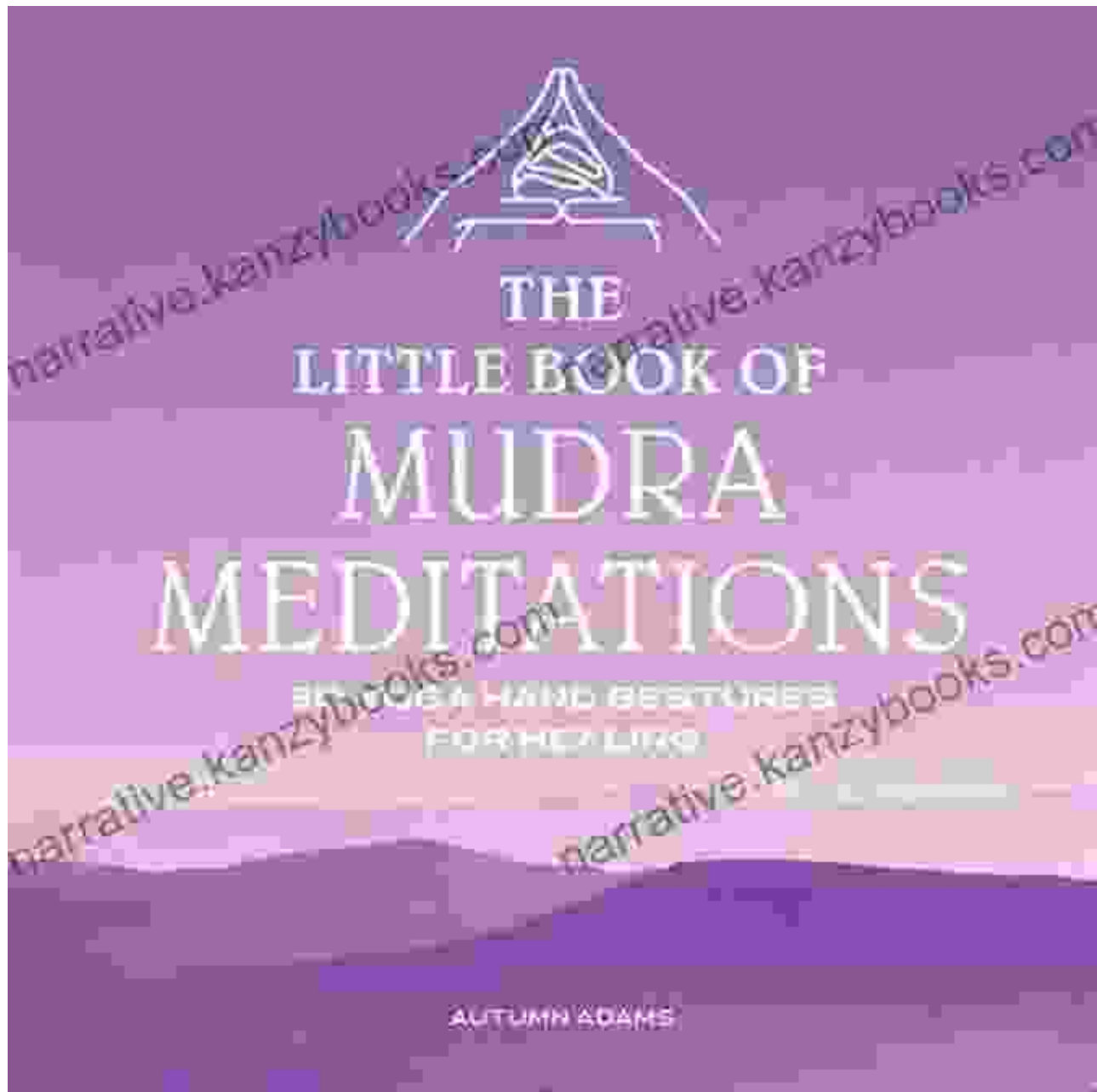
need to know to get started, including:

- A brief history of mudra meditation
- The benefits of mudra meditation
- Instructions for 50 different mudras
- Tips for practicing mudra meditation

Whether you're a beginner or an experienced meditator, *The Little Book of Mudra Meditations* has something to offer you. This book is the perfect resource for anyone who wants to improve their health, well-being, and peace of mind.

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About the Author

The Little Book of Mudra Meditations was written by Sarah Powers, a world-renowned yoga teacher and author. Sarah has been practicing and teaching yoga for over 30 years, and she is the author of several books on yoga and meditation. Sarah is passionate about sharing the benefits of yoga and meditation with others, and she hopes that The Little Book of

Mudra Meditations will help people to improve their health, well-being, and peace of mind.

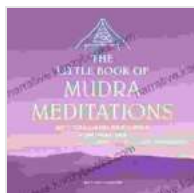
Reviews

"The Little Book of Mudra Meditations is a beautiful and inspiring guide to the ancient practice of mudra meditation. Sarah Powers has a gift for making complex topics easy to understand, and she provides clear and concise instructions for 50 different mudras. This book is a valuable resource for anyone who wants to improve their health, well-being, and peace of mind."

- Yoga Journal

"The Little Book of Mudra Meditations is a must-read for anyone who wants to learn more about the power of mudras. Sarah Powers is a master teacher, and she provides clear and concise instructions for 50 different mudras. This book is a beautiful and inspiring guide that will help you to improve your health, well-being, and peace of mind."

- Spirituality & Health



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