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## **Mudras Yogas In Your Hands**

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

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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 ...

## **Mudras: Yoga in Your Hands: Hirschi, Gertrud ...**

See also 4 Mudras to Add More Meaning to Your Practice. Nubia Teixeira, founder of the

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Bhakti Nova School of Yoga and Dance, says that our hands are an extension of our hearts and connect our innermost thoughts and prayers to the outside world: “They are how we reach out, touch, express, heal, work, cultivate, cook, paint, write, play music, and hold one another,” she writes in her book ...

**Mudras 101: Learn**  
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**Yoga Hand Gestures  
- Yoga Journal**

Mudras: Yoga in Your Hands is my fourth book, and four is the number for rest, stability, and order. This is why I originally wanted to bring a book about rest and meditation into our loud world. In Basic Yoga for Everybody, my third book (and the first translated into English), I presented a few

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## **YOGA - Mystic Knowledge**

Mudras: Yoga in Your  
Hands Gertrud Hirschi.

Yoga for the  
hands--sounds too  
good to be true. Do it  
at the office, on an  
airplane, lying in bed.  
Seasoned yoga teacher  
Gertrud Hirschi has  
used these hand  
postures to ease  
asthma, relieve flu  
symptoms, think more  
effectively, relieve



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tension, even have a  
bowel movement. The

...

## **Mudras: Yoga in Your Hands | Gertrud Hirschi | download**

Yoga Mudra at your  
fingertips! There is  
much more to yoga  
than meets the eye.  
While the practice of  
yoga means asanas  
and breathing  
practices to many,  
there is a lesser

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known, subtler, and an independent branch of yoga: Yog Tatva Mudra Vigyan or the science of yoga mudras.

## **Yoga Mudras at Your Fingertips | Types of Mudras | Yoga ...**

Yoga Hand Healing Mudras and Benefits with Pictures: When it comes to mudras for healing power in body the below 7 mudras are supported to increase the energy

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levels and maintain good health system. These are very easy to perform that you can do any time in any manner without any other restrictions.

## **7 Powerful Yoga Hand Mudras for Healing Health**

Mudras Yoga in Your  
Hands Pdf Book

Description: Do it in  
the workplace, on a  
plane, lying in bed.

Experienced yoga

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instructor Gertrud Hirschi has employed these hand bearings to alleviate asthma, alleviate flu symptoms, believe more efficiently, alleviate nervousness, even have a bowel motion.

## **Mudras Yoga in Your Hands Pdf Download | Free Medical Books**

The literal meaning of mudra is a gesture. Mudras are the gestures formed during

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the pranayama and the meditation process to direct the flow of energy properly into the subject's body. One's body is said to be made of five elements (air, water, earth, fire, and space). Hands are supposed to hold this energy and so, the hand sign yoga is a ...

**The Eight Yoga Hand Signs (Mudras) to Heal Your Mind,**

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## **Body ...**

Different areas of the hands are connected with areas in the body and the brain. So when we place our hands in yoga mudras, we stimulate different areas of the brain and create a specific energy circuit in the body. By doing this, we help generate a specific state of mind. Meditation can help deepen your understanding of these

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hand gestures.

Gertrud Hirschi

## **7 Common Yoga Mudras Explained | DOYOU**

My aim with this guide is to present the ultimate guide and list of hand mudras (hastas), including Hindu, yoga, and Buddhist mudras and their benefits. There are many articles online that introduce the mudras, but I have not found a single

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guide that really explains what mudras are or how they work (the science), let alone one that examines the nuances of yoga, Hindu, and Buddhist mudras.

## **60 Essential Mudras Enlightened People Use [TUTORIAL]**

DEAR READER ith this book, I would like to give you and your loved ones (even people who are



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currently confined to their beds) a practical aid in healing both minor and major complaints. Mudras: Yoga in Your Hands is my fourth book, and four is the number forrest, stability, and order.

## **Mudras : Yoga in Your Hands Pages 1 - 50 - Flip PDF ...**

Yoga for the hands--sounds too good to be true. Do it

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at the office, on an airplane, 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.

## **[Download] Mudras: Yoga in Your Hands - Gertrud Hirschi ...**

Mudras--also playfully called "finger power

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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

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improve quality ...

Gertrud Hirschi

## **Mudras: Yogas in Your Hands: Yoga in Your Hands: Amazon.in ...**

Yoga Mudras: Here's  
Why Health Is In Your  
Own Hands, Literally!  
September 07, 2020

Yoga, the ancient  
science that originated  
in our country is a  
treasure trove of  
amazing secrets that  
would bring mind, body  
and soul into harmony.

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## **Yoga Mudras: Here's Why Health Is In Your Own Hands ...**

Buy Mudras: Yoga in Your Hands online from Yogamatters - the leading Yoga & wellness specialist - with free UK delivery over £75. Big Yoga Read: #34 Hand and finger yoga positions are claimed to enhance health, relieve stress, prevent illness and support the healing of

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a variety of physical  
and emotional  
problems.

## **Mudras: Yoga in Your Hands - guide to hand & finger yoga ...**

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.

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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 ...

## **Mudras Yoga In Your Hands | Gertrud Hirschi | download**

"Mudras: Yoga in Your Hands" contains fifty-

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two numbered mudra entries, with clean line illustrations, clearly written instructions, as well as a per-entry herbal remedy suggestion, visualization and affirmation. What makes this book particularly helpful is the material tucked into it, before and after the book's main body.

**Mudras: Yoga in  
Your Hands by**

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**Gertrud Hirschi**

Unravelling Hasta  
(Hand) Mudras in Yoga.  
Mudra is a Sanskrit  
word for gesture,  
symbol, or expression.  
A Mudra in yoga is  
usually made by the  
positioning of our  
fingers and thumb.  
This creates certain  
neuronal connections,  
to impact the flow of  
subtle energies and  
balance out the  
elements within us.

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## **Unravelling Hasta (Hand) Mudras in Yoga - Yoga With Sapna**

Mudras: Yoga in your Hands by Gertrud Hirschi is a handy reference book for using Mudras. Unlike some other books we've seen where you tended to wonder what you were really seeing, the graphics and descriptions of the hand positions are very clear.

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