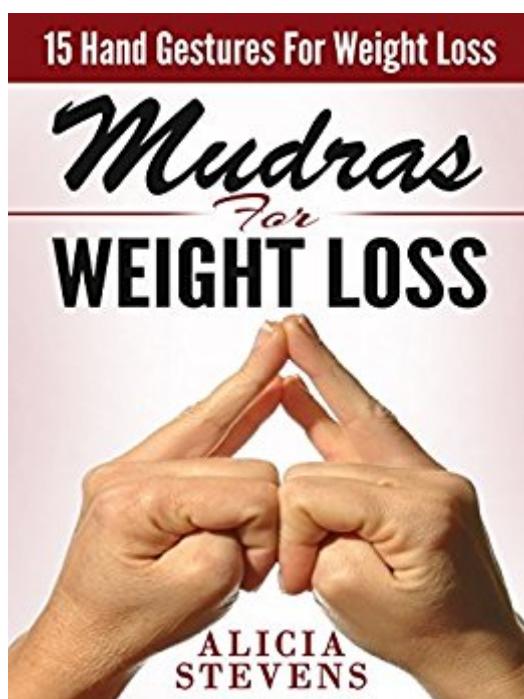


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# Mudras: Mudras For Weight Loss: 15 Easy Hand Gestures For Easy Weight Loss (Mudras, Mudras For Beginners, Mudras For Weight Loss)



## Synopsis

15 Hand Gestures With Demonstrational Images \*\*\*SPECIAL OFFER!!!!\*\* LIMITED TIME OFFER 50% OFF (Regular Price \$5.99)FREE ON KINDLE UNLIMITEDMudras And Weight LossYou probably have the nagging itch to shed some weight, but your busy schedule and limited budget are creating a bit of a constraint. Or maybe you have tried joining a local gymnastics club but find that the routine schedule is not your thing. If you can relate, then you are reading the right script. Better still, have you tried adopting good eating habits but discipline is not your strong suit? Are you a culprit to giving in to food cravings, and every time you step on the scale the pounds keep on increasing? Have you tried the much advertised slimming pills and belts and nothing has come forth? Take a sigh of relief today. This book suggests easy and very enjoyable gestures better referred to as  $\text{a} \circ \text{emudras}$  • to help you lose the excess weight. It outlines easy and safe hand signals you can practice from the comfort of your home or office at no cost.

**Other Benefits Of Mudras**

The suggested mudras will not only satisfy your most craved goal of weight loss, but will bring forth self-confidence, help you eliminate toxins from your body and give you the much needed control you long for over the cravings. Once you practice these easy gestures regularly, you will find an easy avenue to relief yourself anxiety and a source of continued psyche to live a healthy life with less effort. Take the step to experience a complete lifestyle change that comes easy. You Will Learn Of...Surya, Gyan and Prana Mudras The Varuna, Linga and Apana Vayu MudrasThe Apana, Shunya and Apaan MudrasPitta Kaarak, Jnana, Akash and Shankh mudrasMuch Much More What Others Are Saying... "I have always been curious about mudras and chakras. Then I came across this book and it totally amazed me." - Ma Antonia Amorsolo"This book is awesome, it was exactly what I was looking for. I'm trying to learn as much as I can about mudras right now and reading this book was gold for me! Great information, tips and advice that everyone should take a part of. Thanks for sharing!" - Kristen Durson"This is a great read. It was interesting to read a new technique for weight loss, and I've always been seeing the gestures that are illustrated in the book - I just didn't know what they meant." - Ashley Red "The idea of weight loss with mudras also seems a great possibility. I am always looking at ways to shed pounds and this adds some tools to my toolbox! I liked as well the photographs in the book which were very helpful. There is definitely a lot of information contained within this book. I will want to learn the techniques discussed and practice them on a regular basis. This is an excellent and fascinating read!" -Walter A30 Day Money Back Guarantee IncludedDownload your copy today!Scroll up and download this book for a limited time discount of only \$2.99! Start today and see the progress before your own eyes.

**Tags:** Mudras, Mudras for Weight Loss, Mudras for Awakening chakras, Easy Weight Loss

## Book Information

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## Customer Reviews

This book suggests easy and very enjoyable gestures referred to as "Mudras" to help us lose the excess weight. It outlines easy and safe hand signals which we can practice from the comfort of our home or office at no cost. In present time we all are busy and have no time for our self because of office, family and other necessary works so we start gaining our weight and also want loss weight but not able to do so because of all busy schedule. I was also worried about my weight and my very close friend give me this book and what I can say I found this book very interesting and valuable for me. After reading this book I started doing all these 15 hand gestures "mudras" and I didn't just loss my weight but I also get self confidence, it help me to eliminate toxins from my body and give me the much needed control me for over the carvings. With the help of these mudras one can experience a complete lifestyle change, relief in anxiety and live a healthy life with less effort. Highly recommend this book to all those who want weight loss and healthy life.

Mudras For Weight Loss is a very unique reading experience for me. Imagine, a book promoting

weight loss through hand gestures! This is unbelievable at first, but when I started reading the book, I find it so convincing and so inspiring that I will give it a try. This has profoundly explained, along with helpful images, how each hand gesture must be done in order to achieve the desired result. This is such a revelation!

Alicia Stevens did a wonderful job with this book. And I tried some of the Mudras while I was reading and the beginning Mudra is one that increases body temperature. I was cold, as it's winter here, and so I tried this first Mudra and it did increase my body temperature. I can't wait to start putting these mudras into practice and start losing weight and improving my health. If you're trying to find a way to practice meditation as well as improve your health, then I recommend reading this book.

I really want to lose weight but diet plans and exercises need a lot of time and diet pills need financial support and not really safe for the health. And so I keep on finding ways to lose weight and this book was recommended by my friend. The author discussed information on fifteen hand gestures because of the health benefits they possess which are all beneficial to the body. I really like using Mudras because it is very convenient and it doesn't cost anything and required just knowledge and commitment. Since I have started doing Mudras I felt more relaxed and it helps in relieving my anxiety, tension and depression. This is a short read but I definitely learned a lot and would like to recommend this book to my friends.

It is so overwhelming how simple gestures can make a difference if done right. The book provides ways to make mudras successful if you are trying them. It is very useful and it keeps on improving my weight loss regimen.

I have been watching people doing yoga and for those who have been doing yoga for years I'm wondering what are those hand gestures for. Now I finally understand why and what are those. I never thought each hand gesture has its own significance. I was thinking it was just for the sake of putting your hands in place to concentrate but it's not. This book has given me a lot of information about mudras and this is the first time I have learned about it. I'm thankful to who wrote this book. Finally it has given me the answers I have been asking I thought was answered already.

Mudras, very easy exercises which, relaxed my body and most importantly it consumed very less time than other exercises. It was very interesting to know about Mudras. Certain postures of the

hand could help lose weight. Mudras involve the entire body, most Mudras are performed with hands and fingers. It was easy to learn the postures. And the pictures included in the book helped me very much. I had lost some pounds till now and looking to lose more. There were many information about Mudras and its importance in our lives. The background of Mudras made this book more informative and interesting.

This book may be short, but it's packed with pretty awesome information. My wife got me into Yoga a year or so ago and with that came some limited learning about mudras. This book has really taken that knowledge to a whole different level. It was interesting to learn that each finger on the body represents a different element be it fire, earth, water ect.. The mudras are symbolic gestures of the hands that are believed to literally spark a change in the physical body. I'm excited to continue reading through this book and practice some of these mudras in the morning. If it has any effect, I'm sure it will be positive.

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