



Mudras: Beginners Guide for Daily Use 23 EASY and FAST Hand Gestures for Effective Weight Loss, Unstoppable Energy and Natural Self-Healing (Yoga, Mudras for Beginners, Chakras Balance, Relaxing)

Alex O'Connor

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Or maybe be able to reduce some negative symptoms you might feel throughout the day?

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- They relief physical discomfort, easing pain by stimulating the endorphin system
- They produce a considerable relaxation, so they can be used for fighting insomnia
- They improve mood, stimulating positive thinking
- They raise self-esteem, offering the possibility to rely on your abilities
- They improve concentration when combined with meditation
- They can improve your health helping Weight Loss or other daily issues (headaches, stomachache, constipation, rheumatic problems,etc)

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- How to Be More Productive
- How to Become More Self-Assured

- How to Turn Pessimism Into Real Positivism
- How to Deal With Stress
- How to Overcome Fear
- How to Improve symptoms caused by Rheumatism, voice problems, phlegm, constipation and other daily issues

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Tags: Mudras, Mudras For Beginners, Hand Mudras, Weight Loss, Yoga, Energy.

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