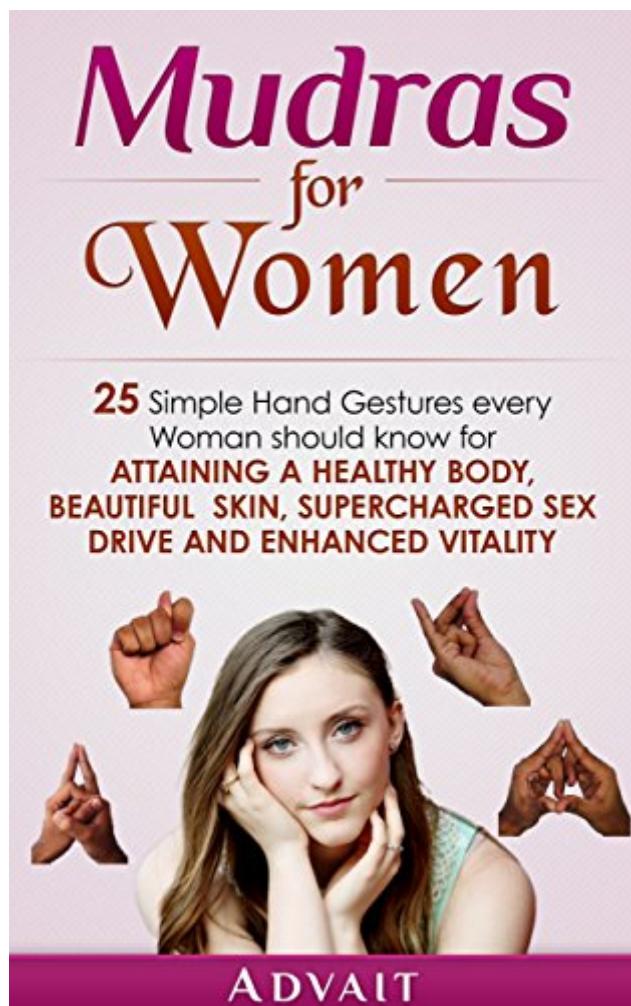


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# **Mudras For Women: 25 Simple Hand Gestures Every Woman Should Know For Attaining A Healthy Body, Beautiful Skin, Supercharged Sex Drive And Enhanced Vitality (Mudra Healing Book 12)**





## Synopsis

Your Guide to transforming your life with Simple Hand Gestures!!!Mudras for Women is all about educating you about Ancient Vedic 'Mudra' techniques which involves Boosting your health manifolds with Simple Hand Gestures.The ancient Vedic culture teaches us that the Universal Cosmic Energy (World Energy) is made up of two halves, Shiva and Shakti.Shiva is the Masculine component and Shakti, the Feminine, and women are considered as the physical human manifestation of Shakti, the one who protects, preserves and helps the world thrive.Though the responsibilities and burdens of the world fall equally on the shoulders of women and men in these modern times, Yet by natural design, women are subjected to much greater responsibilities.A woman undergoes three important stages in her lifetime, MenstruationPregnancyMenopauseEach of which affect her physically as well as psychologically.That is where Mudra healing comes in, by performing these simple hand gestures, every woman can find a natural balance between her body, mind and soul.This book offers you Ancient Vedic Techniques that will help you attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced Vitality.You don't believe me?? Try out for yourself.These Mudras work wonders!!Discover:: 25 Simple Hand Gestures for attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced VitalityThis book details a variety of Simple Hand Gestures called as Mudras, that when performed regularly will help you achieve everlasting health.Some of the Mudras that you'll discover inside this book are:# Mahatrikamudra / Mudra of The Great Trinity (helpful in regulating your menstrual cycle and instantly relieves menstrual cramps)# Varahamudra / Mudra of The Hog (activates your bodies self-healing capability)# Yonimudra / Mudra of Vulva (tones and maintains the health of your pelvic organs)# Shanmukhmudra / Mudra of six Faces (arrests hair-fall and reinforces your immune system)# Shaktimudra / Mudra of The Divine Feminine (establishes a spiritual connection between you and the divine feminine)Everlasting health is Achievable!! Just perform these Simple Hand Gestures regularly.Would You Like To Know More?Download this book now...Scroll to the top of the page and select the buy button.P.S - This Book is enrolled in 'KINDLE UNLIMITED', If you are a Kindle Unlimited Subscriber, Download this book for FREE, and I bet, you will buy it afterwards for your collection and reference.

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## **Customer Reviews**

As with the rest of Advait's books, they are quick reads, straight to the point, lots of photos to go along with the clear instructions on how to do each of the 25 Mudras for Women. He starts out telling you what is a Mudra & why you should be doing these every day and the benefits for your health. This a healing method using your hands from the ancient Indian Vedic culture.

I'm noticing significant changes while practicing and tremendous positive after-effects few days later by performing these mudras.

Very nice book. Recommended.

very useful and exquisite work. I never see a book on this particular topic. some of the mudras mentioned here also good for digestive system,which many of women have problem with.Well done, Advait. Wish to have 'Mudras for Men' .

Great book! I have learned so many good things from this author but the mudras are my favorite. So

easy to do and so powerful. Thank you for sharing your knowledge!

These are mudras for women's health that I will use regularly. They are well described and illustrated. Mudras are subtle but powerful to shift and move energy.

I enjoy this book and all Advait's other books that I have purchased. Straight to the point and helpful at least to me. Thank you.

Love the way Advait writes his books. Clear, concise, easy to understand and use.

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