



**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)
(Volume 12)**

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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, Menstruation Pregnancy Menopause Each 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 Vitality This 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.

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