



## **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)**

*By Alex O'Connor*



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- They help on harmonizing mind and body, making energy easily to flow within the body
- 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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#### **Sena Meyer:**

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**Brandon Gentry:**

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