



Healing Mudras: Yoga for Your Hands

By Sabrina Mesko

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Healing Mudras: Yoga for Your Hands By Sabrina Mesko

HEALING MUDRAS, Yoga for Your Hands - New edition. More than fourteen years ago, the Mudra expert Sabrina Mesko Ph.D.H. wrote Healing Mudras - Yoga for Your Hands, the first practical guide for unleashing the healing power of hand Mudras, which became an international bestseller and is translated into more than 14 languages. The book describes ancient healing hand gestures - Mudras - yoga movements involving only the arms and hands. In celebration of this classic work we have created a new edition, revised with additions. Healing Mudras – new edition - is available in two formats; a three volume series with full color photos, or this one-book original version with black and white photos and instructions for performing the Mudras for your Body, Mind and Soul. The Mudra expert Sabrina Mesko includes breathing exercises, eye movements, mantras, meditations, visualizations, prayers, and affirmations to enhance the power of each. Mudras are extremely easy to do, but so powerful they can bring you health, wealth, balance, success, and happiness. How? By liberating the energy locked within your body - the energy channels called nadis and energy centers called chakras - and directing it to help you meet your goals and deal with the problems of everyday life.

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Healing Mudras: Yoga for Your Hands By Sabrina Mesko Bibliography

- Sales Rank: #440520 in Books
- Brand: MUDRA HANDS Publishing
- Published on: 2013-06-21
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .36" w x 8.00" l, .71 pounds
- Binding: Paperback
- 156 pages

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Editorial Review

From Library Journal

These two titles address the benefits of practicing yoga. Finger's *Yoga ZoneR Introduction to Yoga* takes a broader approach. Creator of the ISHTA yoga taught at his New York City-based *Yoga ZoneR* studios, Finger explains his program and offers a brief history of different types of yoga. Outlines of two series of beginners' programs are well illustrated with photos of poses and accompanied by detailed instructions, tips, and variations. A section covers relaxation and meditation and breathing techniques. *Healing Mudras* has a much narrower focus. Mudras, in Buddhism and Hinduism, are symbolic gestures involving hands, fingers, and arms that are used in ceremonies and dance or seen in artwork. Mesko, a former dancer and certified yoga therapist, takes a mindful and introspective approach combining movement with chants in order to achieve specific self-affirming goals. All 52 mudras are demonstrated with photos of the author, along with instructions for breathing, eye movements, and mantras, which spoken aloud impart greater mental and physical energy and a healing quality. Experienced yoga students seeking to move beyond the basic postures or individuals with physical limitations will find this guide useful. Both titles are easy to follow and understand. However, since a number of introductory yoga books are already available, Finger's is an optional purchase. Because it concentrates on a very specific aspect of yoga practice, Mesko's guide is a preferred choice for a wellness collection or public library with a limited budget seeking to round out its yoga collection.

-Deborah Anne Broocker, Georgia Perimeter Coll., Dunwoody

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About the Author

SABRINA MESKO Ph.D.H. is the international bestselling author of "Healing Mudras -Yoga for your Hands" by Random House. Her book reached number five on the Los Angeles Times Health Books Bestseller list and is translated into 14 languages. Her other books include "Power Mudras" by Random House, "Mudra Cards" by Andrews McMeel, "Mudra- Gestures of Power" video by Sounds True, a set of 12 "Astrological Mudra books" and "The Book of Peace" by Random House in Germany. She produced and directed her Visionary awards finalist double DVD titled: " Chakra Mudras". Sabrina studied with Master Guru Maya, healing breath techniques with Master Sri Sri Ravi Shankar and completed a four-year study of Paramahansa Yogananda's Kriya Yoga technique. She graduated from the internationally known Bikram Yoga College of India and became a certified yoga therapist. An immense interest and study of powerful hand gestures-Mudras, led Sabrina to the world's only Master of White Tantric Yoga, Yogi Bhajan, who entrusted her with the sacred Mudra - hand yoga techniques giving her the responsibility to spread this ancient and powerful knowledge world wide. Sabrina holds a Bachelors Degree in Sensory Approaches to Healing, a Masters in Holistic Science and a Doctorate in Ancient and Modern Approaches to Healing from the American Institute of Holistic Theology. She is board certified from the American Alternative medical Association and American Holistic Health Association. Sabrina appeared on The Discovery Channel documentary on hands, the Roseanne Show, CNBC News and numerous international live television programs. Her articles and columns have been published in countless publications. Sabrina has hosted her own weekly TV show about health, well-being and complementary medicine. She is an executive member of the World Yoga Council and has led extensive Teacher Training Yoga therapy educational programs. She directed and produced her 2 DVD set " Chakra Mudras" a Visionary awards finalist. Sabrina has also created award winning international Spa and Wellness Centers from concept, architectural planning, equipment and product selection, staff training and signature Spa treatments. She is a motivational keynote conference speaker addressing large audiences all over the world. Sabrina lives in Los Angeles. She is conducting online personal mentorship courses for MUDRA TEACHER TRAINING and MUDRA THERAPY. Her official

website is: www.sabrinamesko.com

Users Review

From reader reviews:

Katherine Anderson:

Here thing why this specific Healing Mudras: Yoga for Your Hands are different and dependable to be yours. First of all reading a book is good but it really depends in the content of it which is the content is as tasty as food or not. Healing Mudras: Yoga for Your Hands giving you information deeper since different ways, you can find any reserve out there but there is no guide that similar with Healing Mudras: Yoga for Your Hands. It gives you thrill studying journey, its open up your own eyes about the thing that happened in the world which is perhaps can be happened around you. You can bring everywhere like in park, café, or even in your approach home by train. Should you be having difficulties in bringing the imprinted book maybe the form of Healing Mudras: Yoga for Your Hands in e-book can be your alternative.

Daniel Cadena:

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Paul Ring:

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Erin Marshall:

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