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How-to: Touch the tips of your thumb and pinky fingers on each respective hand together.

Straighten your other fingers.

Rest the backs of your hands in

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Like any Yoga, Mudras are nature's way of healing, as intended by nature and therefore, the mandates of nature are to be followed. There are no instant

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Hands Do Back
pills for any health problem, although there are some which do give temporary relief but harm in the long run. In case of Mudras, they show positive signs after some time of regular practice.

MUDRAS – THE HEALING POWER

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