Hindi Mudra Vigyan In

#Hindi Mudra Vigyan #Mudra Science #Yoga Mudras #Hand Gestures Healing #Ancient Indian Wisdom

Explore the profound world of Hindi Mudra Vigyan, the ancient Indian science of specific hand gestures. This practice, often linked with yoga and meditation, is believed to channel energy, promote well-being, and aid in spiritual development by balancing the body's elements and life forces.

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in Hindi# .A&Mdra5/ldVan(#hilosophy# Mudra vigyan chikitsa# B. Ed. by Gyan Varidhi 953 views 2
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you 10 magical yoga mudra, for every problems you face in life such as stress, tension, ...

Start

Intro

Uttarbhodi Mudra

Dharmchakra Mudra

Vitarka Mudra

Vajrapadma Mudra

Karan Mudra

End

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