

Mudras: Ancient Gestures To Ease Modern Stress By Emily Fuller Williams



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Hand to heart- mudras for healing - holistic

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Mudras: Ancient Gestures to Relieve Ancient Gestures to Ease Modern Stress looks into the practice of Mudras, simple exercise hand gestures that Emily Fuller

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"Just as we can impact our feelings with positive self-talk, we can impact them with positive body talk," --Emily Williams, Author/Speaker/Therapist Think of mudras

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Emily fuller williams (author of mudras)

Emily Fuller Williams is the author of Mudras (3.60 avg rating, 5 ratings, 0 reviews, published 2011) and Mudra Pocket Cards Emily Fuller Williams s Followers.

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