

MUDRAS OF INDIA A COMPREHENSIVE GUIDE TO THE HAND GESTURES OF YOGA AND INDIAN DANCE%0A

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Mudras of India is a much-needed compendium that beautifully illustrates the incredible variety and versatility of the hand gestures that play a key role in India's sacred traditions. Every dancer, yogi, or yogini will want to keep a copy on hand! (Roxanne Kamayani Gupta, PhD, author of A Yoga of Indian Classical Dance: The Yogini's Mirror)

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Mudras of India A Comprehensive Guide to the Hand

Start by marking Mudras of India: A Comprehensive Guide to the Hand Gestures of Yoga and Indian Dance as Want to Read: For thousands of years hand mudras have been used in India for healing, storytelling, emotional expression, and to evoke and convey elevated spiritual states. For the first time, the elaborate system of mudras-as applied in yoga and Indian dance-has been organized

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The book will appeal to spiritual seekers, students and teachers of yoga and Indian Dance, scholars and lay people, and anyone interested in the rich cultural heritage of Indian mudras, and the transformative effects of these powerful hand gestures.

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Mudras of India by Cain and Revital Carroll is a comprehensive, exhaustive study of 'Mudras', both in Yoga and Classical Indian dance. The text delves into mudras in various cultures and explicates their possible therapeutic uses. The book is a must-read for students of classical Indian dance and yoga, as also for those seeking curative and preventative healing.

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Mudras of India presents over 200 photographed hand mudras each with detailed instructions on technique, application, health and spiritual benefits and historical background. The authors have extensively researched the usage of mudras and their significance in the larger context of Indian spiritual systems, and taken painstaking efforts to ensure each mudra is rendered with correct Sanskrit name, transliteration and translation to English.

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