



# Mudras for Awakening the Energy Body

*Alison Denicola*

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## **Mudras for Awakening the Energy Body** Alison Denicola

Mudras are hand gestures commonly used in yoga and meditation practices to direct the energy and expand consciousness. This vibrantly colored deck presents 33 mudras and 7 chakra cards that were selected for their benefits in promoting health and healing. Each card includes instructions for the pose, an explanation of specific benefits, and an affirmation to help focus your intentions.

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