



Mudras Crash Course for Beginners!: Achieve Everlasting Health, Happiness & Weight Loss with Simple Hand Gestures

Solemon Rune

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Are you ready to learn everything you need to know about mudras?

Here is a preview of what *Mudras: Crash Course for Beginners!* contains:

- An introduction to the power of mudras
- Understanding what mudras actually are
- Learn how to perform mudras
- The different types of mudras and their importance
- And much, much more!

It's time to harness the power of mudras to improve your health, wealth, and happiness today!

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Adrienne McGinnis:

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Helen McCleary:

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