

ముద్ర యోగ, Mudra Yoga.

Mudras To Unlock

Your 7 Chakras

మన షట్చక్రాలు

తెరవడానికి అవసరమైన

చేతి ముద్రలు

Part
5

Crown Chakra Prana Mudra - సహస్రారచక్రం - ప్రాణ ముద్ర



Third Eye Chakra - Gyan Mudra - అజ్ఞాచక్రం - జ్ఞాన ముద్ర



Throat Chakra, Granthita Mudra (- విశుద్ధి చక్రం గ్రాన్థితా ముద్ర



Heart Chakra, Anjali Mudra - అజ్ఞాచక్రం - అంజలి ముద్ర



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Prithvi Mudra -Root Chakra - (మూలదార చక్రం)-ప్రథ్వి ముద్ర



By, Handwriting & Yoga Expert
Ponnuri Gopie Krishan.

Yoga Mudras In Telugu

Premlata Haralalka

Yoga Mudras In Telugu:

SAMPOORNA MUDRA VIGNAN Dharanipragada Prakash Rao, Dharanipragada Deepthi, 2021-09-24 Mudra is a gesture made with fingers hands or with entire body sometimes coupled with breathing techniques to stimulate the flow of energy in the body Mudras originated thousands of years ago and were very well adopted in ancient India but of late its essence is seen diminishing With an intention to bring the benefits of Mudras to common man Yogacharya and Mudra Specialist Sri Dharanipragada Prakash Rao has published a book in Telugu A language of Andhra Pradesh and Telangana States of India by name Mudralu Bhandhaalu which is result of his vast study and research in the area of Yoga and Mudras Till date it sold around 10 000 copies To further strengthen the reach of this knowledge and benefits to larger audience Sri Prakash Rao along with his daughter Dharanipragada Deepthi have brought forward a book in English by name SAMPOORNA MUDRA VIGNAN which is an encyclopedia to Mudras It covers 810 Mudras with pictures which explains the procedure time limit to perform the Mudras their physical mental and spiritual benefits too Apart from therapeutic use through Chikitsa mudras this book also covers various mudras on Pranayama Dhyana Meditation to activate chakras Puja mudras Mantra mudras Vaastu mudras Natya mudras and many more This book categorizes Mudras based on how they are performed such as Hasta Mudras which are practiced with hands Kaaya Mudras with body Sira Mudras with head Aadhaara Mudras taking an external support Mano Mudras by focusing the mind on something Chakshu Mudras using eyes Bandha Mudras internal locking mechanisms Last part of the book contains a detailed list of ailments with special mention about the Mudras which can prevent or cure specific ailments The reader can find his or her current health issue and practice the specific Mudras proposed in the book to experience direct benefits of Mudras Irrespective of the age if staying fit is your goal then this is a Book of all Times NOTE Though most of the Mudras can be practiced by self to heal the health there are some Mudras which must be learnt and practiced only under the guidance of an expert Mudra Specialist The results may vary according to the level of concentration belief interest and practice More books from same Author Mudralu Bandhaalu Telugu Book Mudraye Aur Bandh Hiindi Book Sampoorna Mudra Vignanam Telugu Visit us YouTube Channel www.youtube.com/c/YogaMudras Website <http://YogaMudras.org> About the Author <https://www.amazon.com/author/dharanipragada-deepthi> Kindle https://www.amazon.com/gp/product/B09GYP32L1/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0 Hard Copy Available on Amazon in Flipkart com Email prakash.dharani@gmail.com ddeepthi@gmail.com Mobile Whatsapp 91 98490 66765 91 8978801247 To buy your hard copy of this book contact us on email or whatsapp **Hand Mudras: Transformative Yoga for Health and Wellness** Premlata Haralalka, AN INTRODUCTION TO HAND MUDRAS THEIR UNDERLYING THEORY AND MUDRA PRACTICES FOR PHYSICAL MENTAL AND SPIRITUAL WELL BEING Discover the transformative power of an ancient Vedic practice that can heal your body and calm your mind in minutes For thousands of years hand mudras have been used to channel prana and restore balance to both body and mind Now as stress and illness plague our modern world this forgotten art offers a simple yet profound solution

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A Catalogue of the Telugu Books in the Library of the British Museum British Museum. Department of Oriental Printed Books and Manuscripts,1912

Telugu Saints and Sages Bi Rāmarāju,2005 Collective biography of Hindu saints from Andhra Pradesh India

MUDRAYE AUR BANDH Dharanipragada Prakash Rao,2022-04-30 Mudra is a gesture made with fingers hands or entire body sometimes coupled with breathing techniques to stimulate the flow of energy in the body Mudras originated thousands of years ago and were very well adopted in ancient India but of late its essence is seen diminishing With an intention to bring the benefits of Mudras to common man Yogacharya Sri D Prakash Rao has published a book in Telugu by name Mudralu Bhandhaalu which is result of his vast study and research in the area of Yoga and Mudras Till date it sold around 10 000 copies To further strengthen the reach of this knowledge and benefits to larger audience Sri Prakash Rao along with his daughter Deepthi have brought forward a book in Hindi by name Mudraye Aur Bandh which translated by Dr Sumanlata Rudravajhala It covers 480 Mudras with pictures which explains the procedure time limit to perform the Mudras their physical mental and spiritual benefits Apart from therapeutic use through chikitsa mudras this book also covers various mudras on Pranayama Dhyana Meditation to activate chakras Puja mudras Mantra mudras Vaastu mudras Natya mudras and many more Last part of the book contains a detailed list of ailments with special mention about the Mudras which can prevent or cure specific ailments The reader can find his or her current health issue and practice the specific Mudras proposed in the book to experience direct benefits of Mudras Irrespective of the age if staying fit is your goal then this is a Book of all Times NOTE Though most of the Mudras can be practiced by self to heal the health there are some Mudras which must be learnt and practiced only under the guidance of an expert Mudra Specialist The results may vary according to the level of concentration belief interest and practice More books from same Author Sampoorana Mudra Vignam English Sampoorana Mudra Vignanam Telugu Mudralu Bandhaalu Telugu Visit us YouTube Channel www.youtube.com/c/YogaMudras Website <http://YogaMudras.org> About the Author <https://www.amazon.com/author/dharanipragada-deepthi> Kindle https://www.amazon.com/gp/product/B09GYP32L1/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0 Hard Copy Available on Amazon in Flipkart.com Email prakash.dharani@gmail.com ddeepthi@gmail.com Mobile Whatsapp 91 98490 66765 91 8978801247 To buy your hard copy of this book contact us on email or whatsapp

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