



# Mudras for Body, Mind and Spirit: The Handy Course in Yoga [With 68 Cards for Practice]

*Gertrud Hirschi*

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MUDRAS for Body, Mind and Spirit Card Deck is produced by U.S. Games Systems, Inc. This deck includes an instruction booklet and 68 mudra cards measuring 5" X 7.5". This deck is copyrighted in 2006 and created by Gertrud Hirschi with illustrations by Vreni Erzberger. Each card is a beautiful work of art complete with everything one needs in order to use the mudras to strengthen the flow of life-energy. Mudras, special finger and hand position exercises which transform our hands into real "powerhouses", display a correspondence with the more widely known yoga exercises. These energy inducing exercises are perfect for relieving physical complaints, coping with stress, balancing of mental and emotional equilibrium, mental refreshment, or enhancing one's spiritual development. Gertrud Hirschi, a best selling author who has gained a worldwide reputation with her books on yoga and mudras, is world reknown for her expertise on these subjects. She has run a yoga school in Zurich for over 20 years, given seminars in Switzerland and elsewhere, and has had her books translated into Hindi making them recommended reading in India. Printed in Belgium for U.S. Games Systems, Inc.

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