



## **Mudras for Modern Life: Boost your health, re-energize your life, enhance your yoga and deepen your meditation**

*By Swami Saradananda*

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**Mudras for Modern Life: Boost your health, re-energize your life, enhance your yoga and deepen your meditation** By Swami Saradananda

Transform your life through the power of mudras – subtle but highly effective hand gestures that boost health and wellbeing. With easy-to-follow instructions, inspiring artworks and informative photographs throughout, this is the definitive illustrated guide to mudras, ideal for experienced yogis and newcomers alike.

Increase your inner strength and vitality, relieve stress, anxiety and fatigue, cultivate joy, peace and creativity, enhance concentration and clarity, and much more!

Discover the meditations, visualizations, breathing exercises (pranayama), mantras and yoga poses (asana) that enhance the power of the mudras.

Benefit from a range of specially designed mudra routines for specific health issues, from stress and insomnia to arthritis and headaches.

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### **Editorial Review**

#### **About the Author**

Swami Saradananda is an internationally-renowned yoga and meditation teacher who inspires you to want to practice. She presents a down-to-earth approach to inner peace and vibrant health. A senior student of Swami Vishnu-Devananda, she is the author of a number of books, including Chakra Meditation, The Power of Breath, Yoga Mind and Body, Relax and Unwind with Yoga, and The Essential Guide to Chakras. After working for almost thirty years with the International Sivananda Yoga Vedanta Centres as a senior teacher in New York, London and Delhi, Swami Saradananda did intensive personal practice in the Himalayas. Now based in London, she teaches yoga and meditation worldwide, leads pilgrimages to India and writes extensively. The author lives in London, England.

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