

YMT CONSULTANCY

Mudra Therapy (3 Modules)

Mudra are simple hand posture which works in channelizing the energy flow in our physical and energy body.

They have advantages like

1. Meditation
2. Healing
3. Attractions
4. Self Motivation
5. Goal Setting
6. Spiritual progress
7. Kundalini Awakening

All these things are a part of mudra practice, in our 3 modules we discuss in detail about meditation, healing and self motivation.

For further details contact us ymtconsultancy