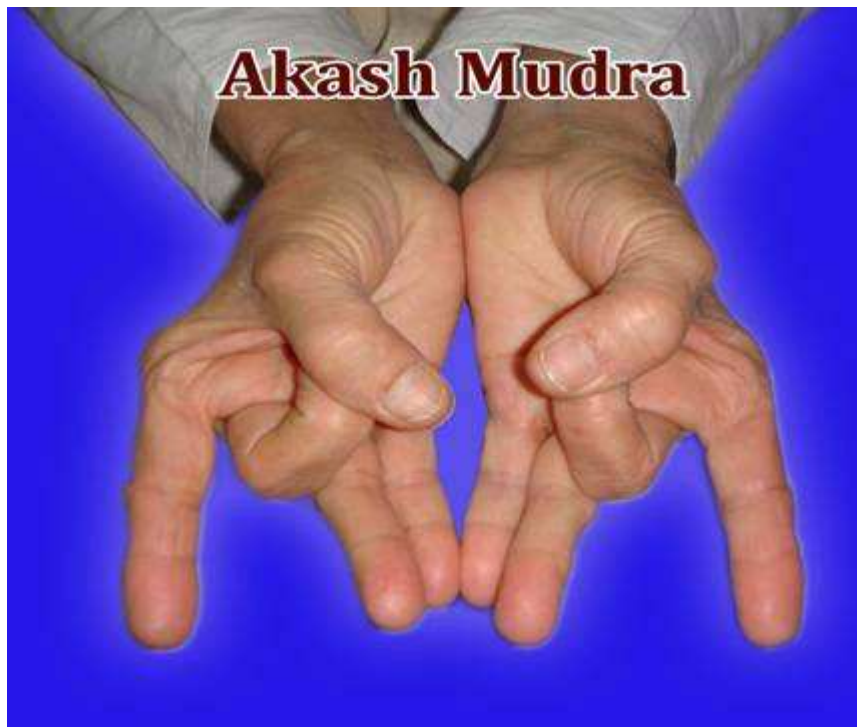


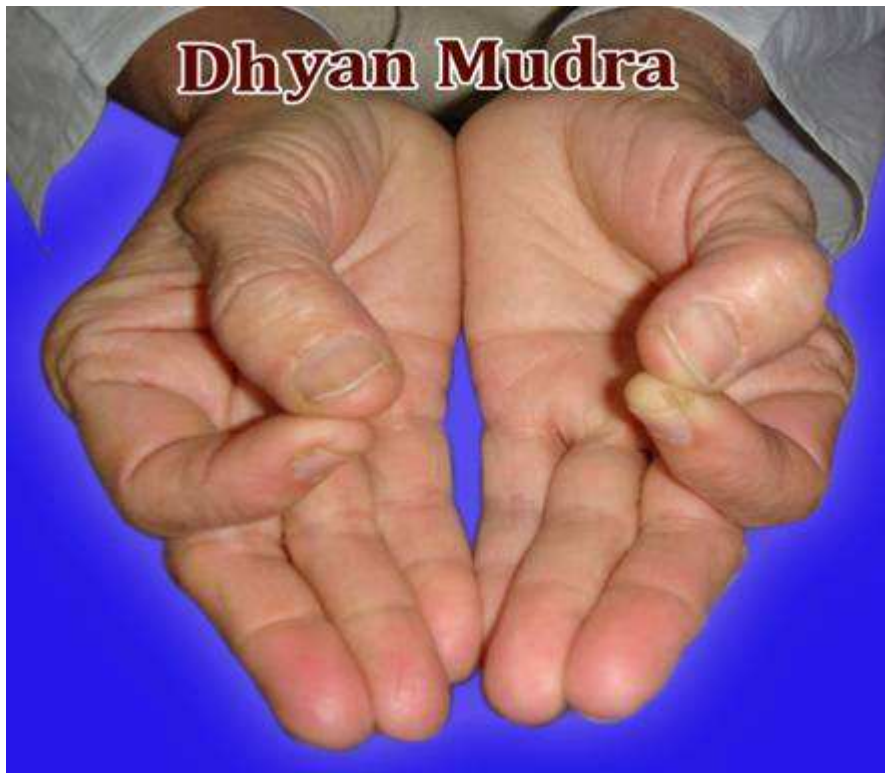
Fingers Magic

Practice these Mudra's atleast 3 to 5 Min every day for lifetime Diseases free.

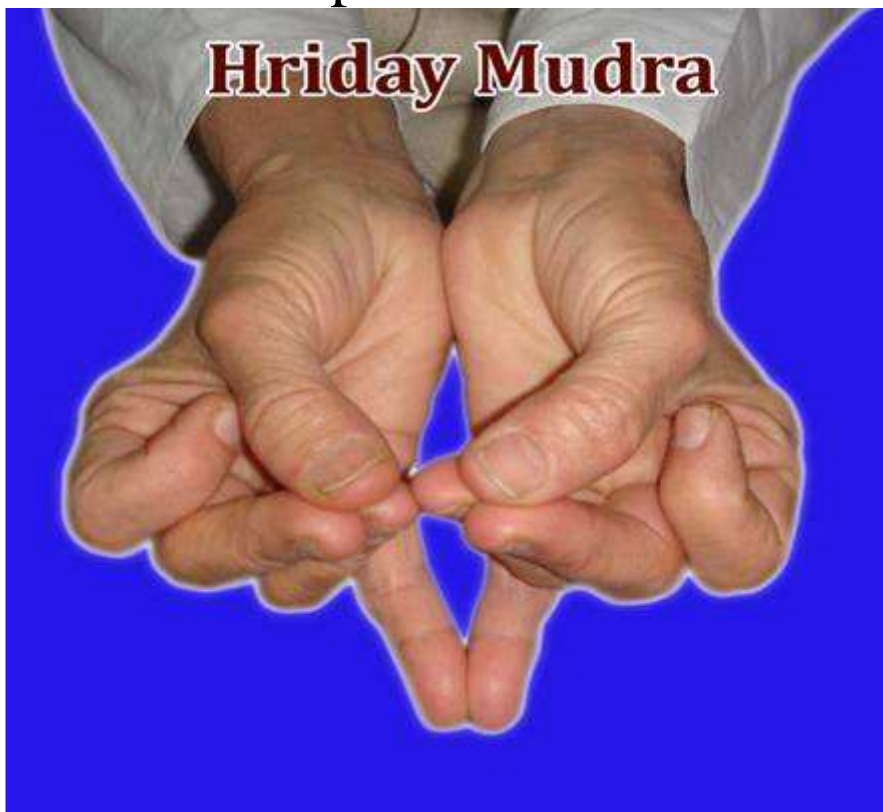
Note: For Illustration, we put both hands closer, but in practice no need to put your hands closer.



Akash Mudra : For Ear problems



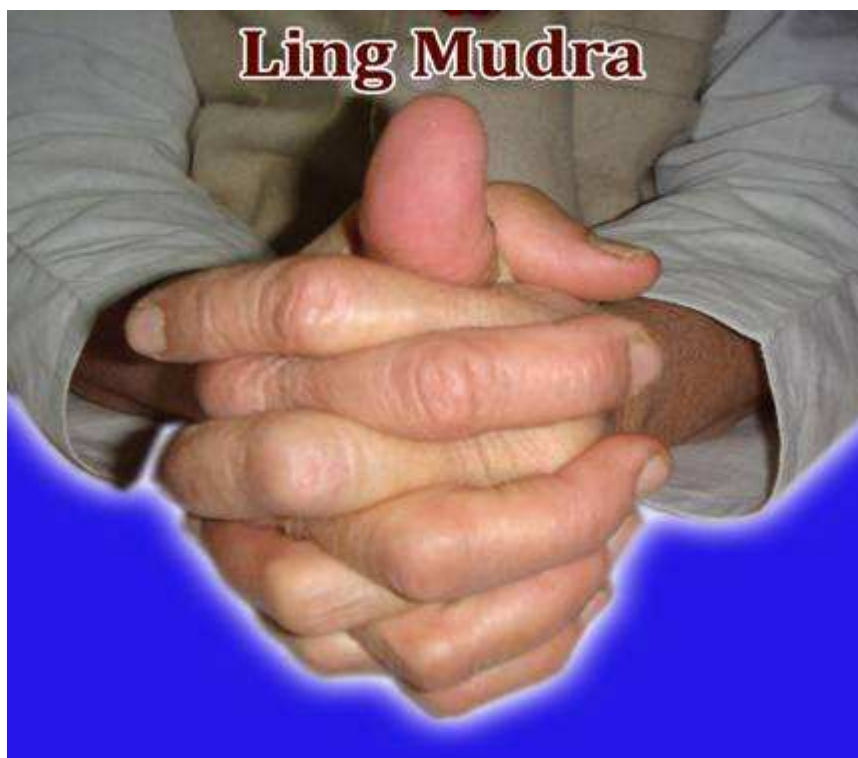
Dhyan Mudra : For Concentration power, Free from Depression, and for all Mind related problems



Hriday Mudra: For Asthma, and Respiration related diseases



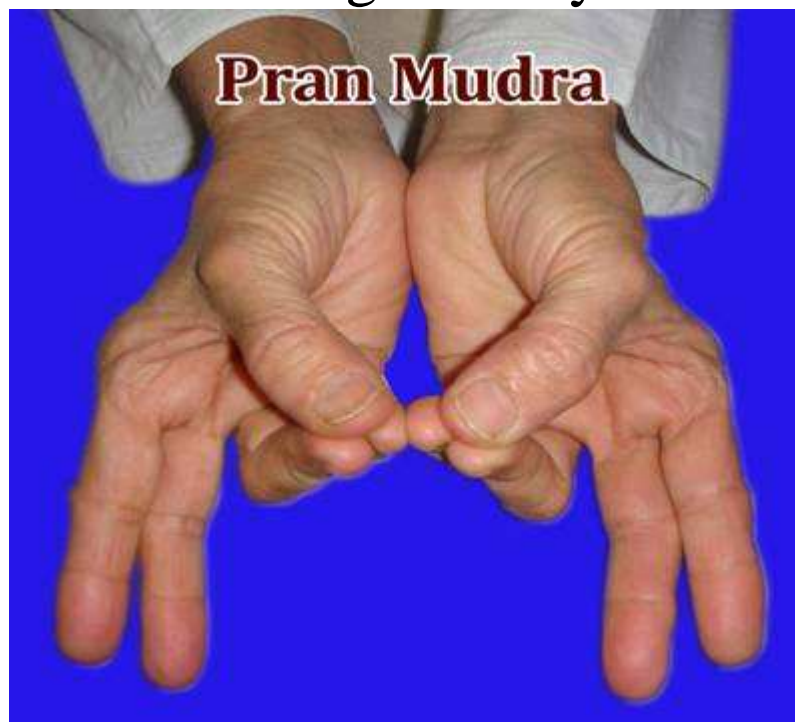
Jal Mudra : This is for Blood purifier and all skin diseases.



Ling Mudra: Headache, Fever etc.



Pachan Mudra: Do only after taking food.
It is for Digestive system.



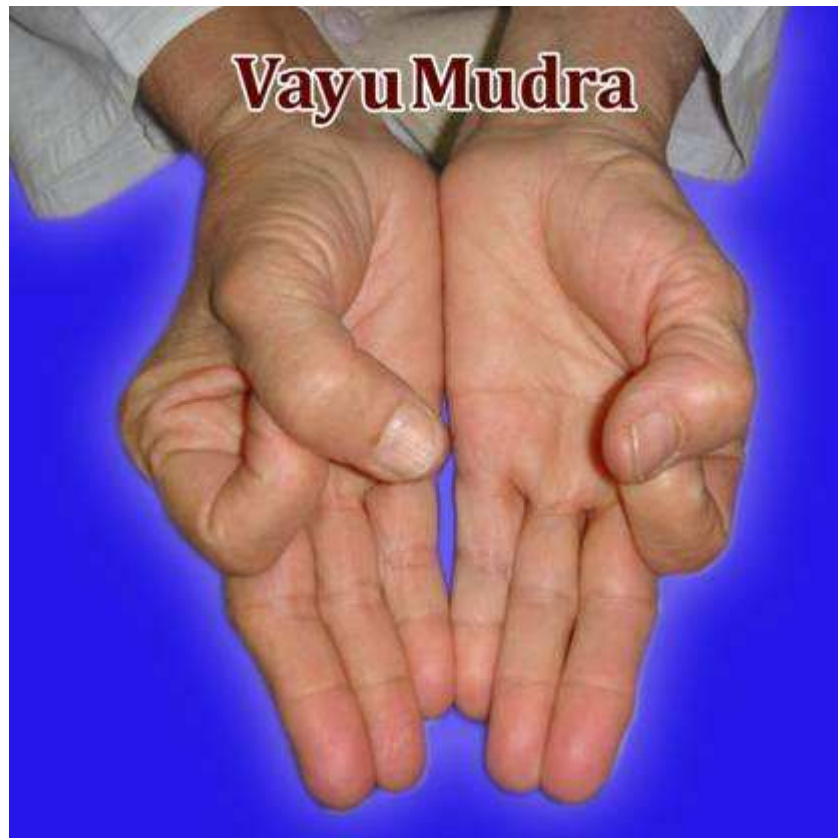
Pran mudra: Eye problems, Nervous problems
and it also charge all parts of the body.



Prithvi Mudra: For peace of mind, Body active etc.



Surya Mudra: Cholesterol etc.



Vayu Mudra: For joint pains, stomach problems etc.