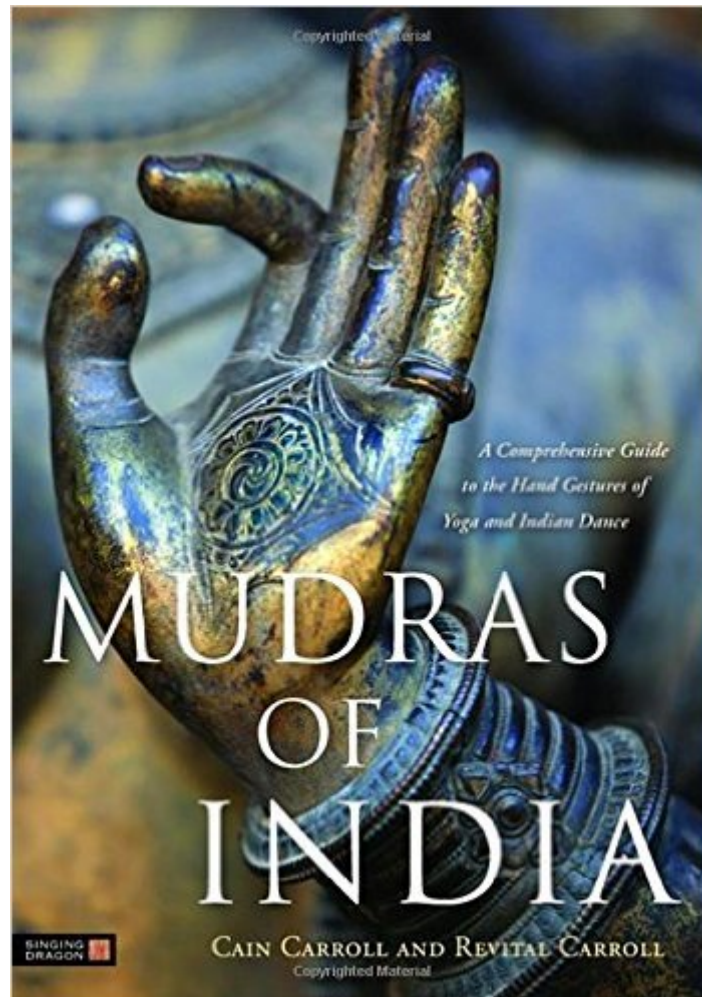


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# Mudras Of India: A Comprehensive Guide To The Hand Gestures Of Yoga And Indian Dance



## Synopsis

For thousands of years hand mudras have been used in India for healing, storytelling, emotional expression, and to evoke and convey elevated spiritual states. For the first time, the elaborate system of mudras-as applied in yoga and Indian dance-has been organized into a comprehensive, fully-indexed and cross-referenced format that allows readers access to this still esoteric body of knowledge. Mudras of India presents over 200 photographed hand mudras each with detailed instructions on technique, application, health and spiritual benefits and historical background. The authors have extensively researched the usage of mudras and their significance in the larger context of Indian spiritual systems, and taken painstaking efforts to ensure each mudra is rendered with correct Sanskrit name, transliteration and translation to English. The book will appeal to spiritual seekers, students and teachers of yoga and Indian Dance, scholars and lay people, and anyone interested in the rich cultural heritage of Indian mudras, and the transformative effects of these powerful hand gestures.

## Book Information

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## Customer Reviews

This book fills a long overdue need in English. It is clearly a reference book with lots of valuable information. A great tool for Yoga practitioners wanting to deepen meditation practice. The dance mudra references which comprise well over half the entries are mostly derived from Odissi and are different for Kathak...my area of expertise. I wish there was an index of dance and another of healing/meditation mudras.Overall I would give it the full five stars because of the scholarship, care and clarity of presentation.

Cain and Revital have distilled the complexities of this subject into a clear and accessible format, even for someone who is a novice. This is an invaluable resource for anyone interested in these powerful practices. Highly recommended!

This book is organized for the newbie and the old pro. It's very informative with names in English and Sanskrit (along with a pronunciation guide.) The mudras are listed in various ways to be accessible for specific reasons, i.e. digestion, anxiety, etc. The directions for the gestures are easy to follow and there is a photo for each mudra, also.

A beautiful & amazing book that any ayurvedic/yoga student interested in mudras must have. This book is great for both beginners & more advanced practitioners in yoga and Indian dance. Each mudra is well pictured, thoroughly described in technique, application, and benefits. I encourage every student of yoga to dive into this wonderful and healing art with "Mudras of India".

Surely this is the best book on mudras there. Beautiful pictures, descriptions excellent. If you want to study this subject, buy it

The Mudras of India book has over 250 mudras, however, at least half of them are Indian dance mudras. There are about 120 Yoga mudras, I believe. The information in the book is more extensive than in the Mudras of Yoga Card Set. The Mudras of Yoga card set has a small booklet along with the cards and it is more colorful and user friendly, while the book is more scholarly.

I like it. I have a friend who teaches yoga who is using it as a text. However, the mudras do not match all other mudras. In fact, they do not match mudras used in some worship (puja). Am not certain where they found the mudras. I do not find some of them in ancient sources.

Of all the Mudra books, this is the better one! The only thing I didn't like was that half the book is Indian dance mudras, but they are interspersed with the useful ones. So you have to go page by page and highlight the corners of the useful pages for quicker reference in the future. This book could have been 5 stars, but needed someone with some logic to lay it out better and make for quicker cross reference. Strictly from A -Z by title, when they are in a foreign language, is a horrible way to lay out a book. But the content is there though.

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