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Benefits of Mudras are Improve memory power, Cure Join pains, Ear pain and improve listening capability, Blood purification, Dilute Cholesterol The study was conducted on 100 healthy male and female subjects aged between 25-40 years who attended two months of yoga training improvement while practicing the mudras are also high ratio

Effect of yoga hand mudra on cardiac and neurological p ...

blood supply and memory index was observed We propose, this yoga mudra makes its effect through the nerve endings i Hand Gestures or Yoga hand Mudras are a part of yoga and they generate positive feelings and health improvement by working on fingers touching specific hand palm locations times, worshipping was being performe

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ments or mudras, as well as chanting of the mantra 'Saa, Taa, Naa, Maa,' meaning 'Birth, Life, Death, and Rebirth' that are chanted first aloud, then in a whisper, and silently for the total of 11min with 1min allocated to 'tuning in' at the beginning and the final deep ...

A randomized controlled trial of Kundalini yoga in mild ...

improved memory, but KY would result in broader improvements in both memory and executive function, mood, and resilience compared to MET at 12 weeks; and (2) KY intervention will result in sustained improvement in cognition, mood, and resilience compared to MET at 24 weeks Methods Study procedures All participants were recruited via advertise-

LifeForce Yoga Healing Institute

LifeForce Yoga Healing Institute ©2011, rev2012 Amy Weintraub www.yogafordepression.com 2 Centering with imagery, sound & breath Soothing Image Hand gesture Inhale through the nostrils for 4 counts Hold the breath with the image for 4 counts

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improvement in depression and visuospatial memory We observed improved verbal memory performance correlated with memory performance correlated inversely with connectivity between the superior parietal network and the medial parietal mudras), as well as chanting of the mantra "Saa, Taa, Naa, Maa," meaning "Birth, Life, Death, and