



Yoga for Busy Little Hands: Children's Book of Mudras

Marsha Therese Danzig

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Yoga for Busy Little Hands: The Children's Book of Mudras brings calm, peace, self esteem, and joy to kids through mudras, hand gestures corresponding to acupuncture meridians. This book helps kids ages 5-12 build self-empowerment, allowing them to learn how to access and send energy where it needs to go for physical, mental, emotional and spiritual well being. Great for children with ADD, ADHD, and Autism.

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