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of Ashwini mudra practice (two stages), and gives you the information about the benefits (for instance, it is good for piles tr..., Ashwini Mudra Meaning Before we talk about the ashwini mudra practice, lets define its meaning. Ashwa means "horse" in Sanskrit, and mudra is a "gesture" or "sign" but this doesn't say much about what ashwini (asvini, ashvini) mudra is. The real meaning of it lies in its definition ..., Visit the post for more. Top Posts & Pages. Kayakalpa Yoga Benefits Steps Uses Book in Tamil PDF Kayakalpa Yoga Postures, According to Gheranda Samhita, the practice of Ashwini mudra can awaken the dormant Kundalini Shakti. It also removes all diseases of the rectum. It also removes all diseases of the rectum. It gives strength and vigor and prevents premature death., Vajroli Mudra or Thunderbolt Mudra The practice of Vajroli mudra is simple yet effective and can be used as an additional technique to many other poses and practices to enhance them. For example, you can do Navasana and add Vajroli to it; or you can do the same in Paschimottanasana, in many sitting poses like Padmasana, etc. By the way, when ...

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