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Livro: Asana Pranayama  
Mudra Bandha - Yoga  
em Movimento

All the poses for this  
60-minute sequence for a  
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class come from the  
books Asana,  
Pranayama, Mudra,  
Bandha by Swami  
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The Yoga Bible by  
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descriptions following the poses in this list are critical to performing the postures properly and not a detailed description of how to perform them.

The Best Hatha Yoga  
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A mudra may involve the whole body in a combination of asana, pranayama, bandha and

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visualisation techniques  
or it may be a simple  
hand position. ' 3

Ancient Yoga texts such  
as the Hatha pradipika  
consider Mudras to be a  
separate branch of Yoga  
itself requiring a much  
more subtle awareness  
and therefore mudras are  
usually introduced after  
some ...

The Mudras | Yogaspirit

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Saraswati, Swami  
Satyananda (1 August  
2003). Asana Pranayama  
Mudra Bandha. Nesma  
Books India. ISBN  
978-81-86336-14-4.

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Swanson, Ann (2019).

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in which asana,  
pranayama, mudra and  
bandha are practiced,  
gives one time to  
experience the effects, the  
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