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Emily Fuller Williams is the author of Mudras (3.60 avg rating, 5 ratings, 0 reviews, published 2011) and Mudra Pocket Cards Emily Fuller Williams s Followers.

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"Just as we can impact our feelings with positive self-talk, we can impact them with positive body talk,"
--Emily Williams, Author/Speaker/Therapist Think of mudras

Hand to heart- mudras for healing - holistic

This week I met with Emily Fuller Williams a massage therapist from Ohio and the author of Mudras: Ancient Gestures to Ease Modern mudra gestures at times of stress.

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