

# MUDRAS

## POWER OF ENERGY



# MUDRA

Delight/Pleasure/  
Bliss

To dissolve/draw  
forth. Originated  
from 'dravay'

- A Sanskrit word for 'posture, seal or **gesture**'.
- Something that dissolves in your mind is known as 'Mudra'.
- Depending upon the position of your body, a **short circuit of energy can be created within**.
- Mudras are not only confined to the hands, it also includes bodily positions.
- Can be combined with asana and pranayama. Whenever you are practising yoga you are going beyond the physical body. You transcend the different layers of your body through Mudras.
- Must be practised for maximum 45 minutes per day and 2 hours after a meal. Best time to practise is during the *Brahma Muhurta* (the most auspicious time) just before sunrise.



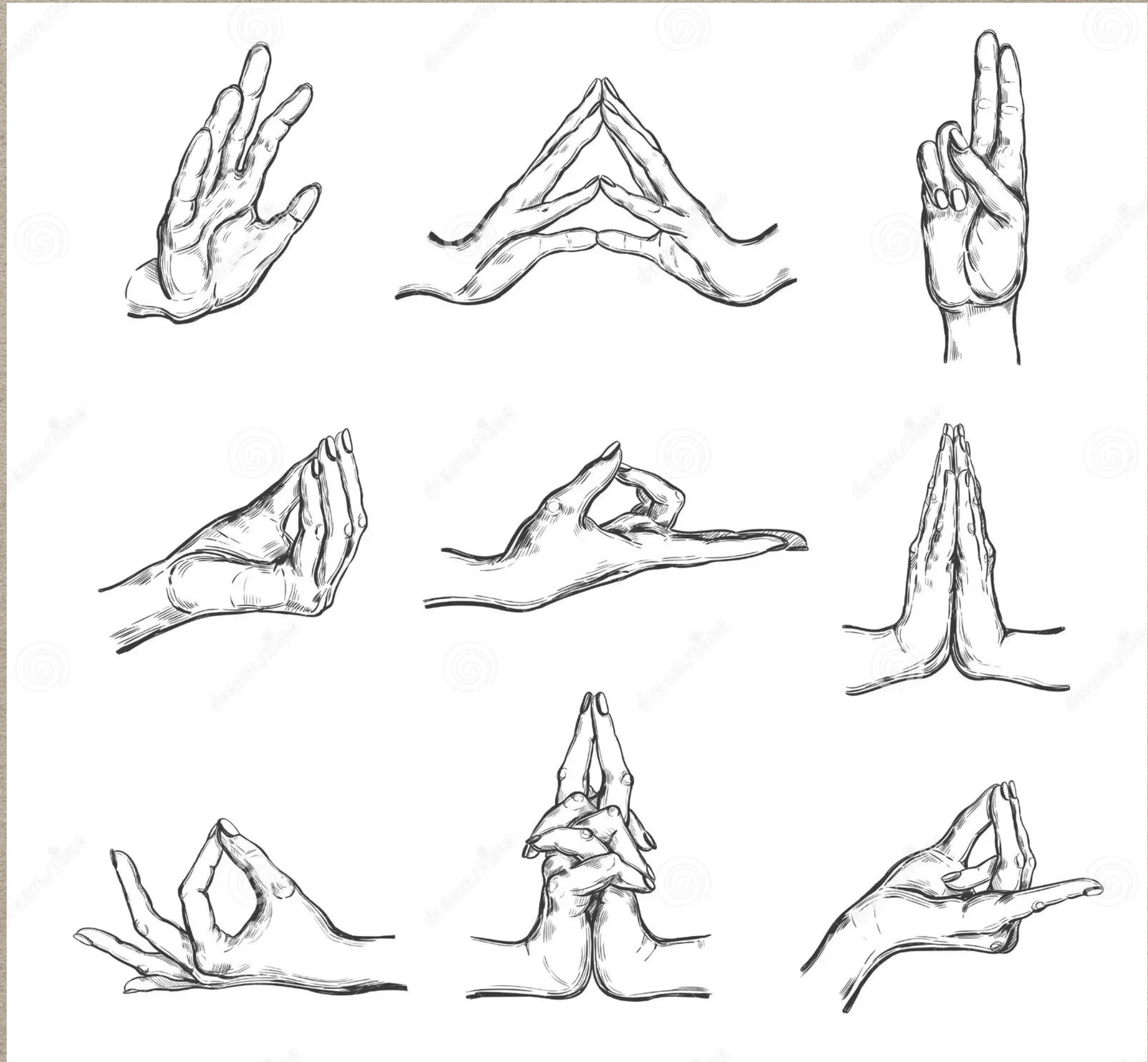


- Dance related mudras will depict emotions, events and feelings.
- These are seen most often in Indian classical dances.
- In the **Natyasastra** (200 BC-AD 200) the manual of performance studies in India; we see mudras as an integral part of choreographic rhythm. ([Sanders 1985:12](#))



# HASTA MUDRAS

- **Hand Gestures.**
- They guide energy flow to particular parts of the brain.
- Chinmaya Mudra
- Jnana Mudra
- Adi Mudra
- Merudanda Mudra
- And many more...





# MANA MUDRAS

- **Head Gestures**
- Shambhavi Mudra
- Shanmukhi Mudra
- Nasagra Mudra
- And many more...





# KAYA MUDRAS

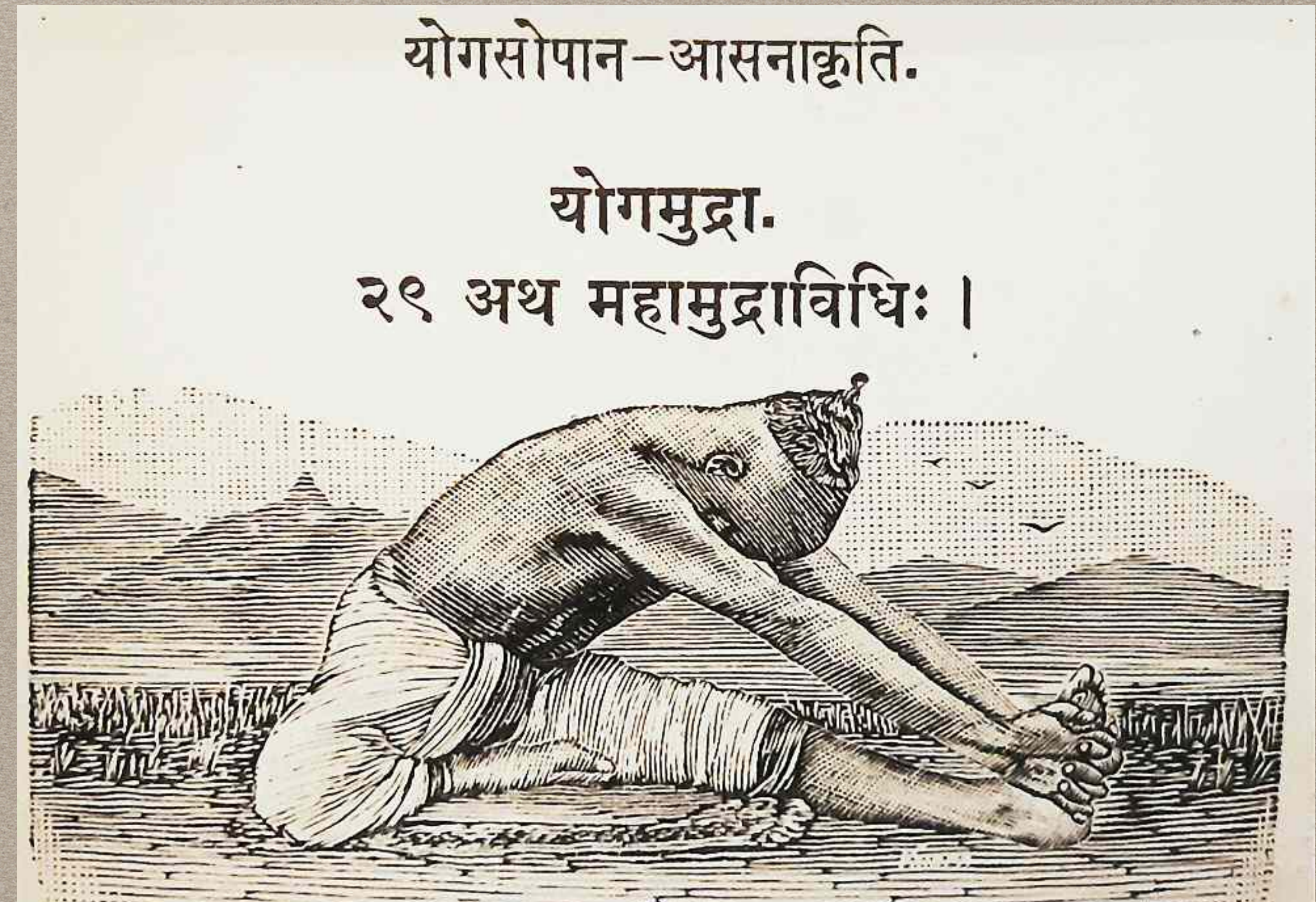
- **Postural Gestures**
- Vipareeta Karani Mudra
- Tadagi Mudra
- Yoga Mudrasana
- And many more...





# MUDRAS AND BANDHAS

- **Lock Mudras/Gestures**
- Combining the locks with mudras.
- Maha Mudra
- Maha Bheda Mudra
- Maha Veda Mudra





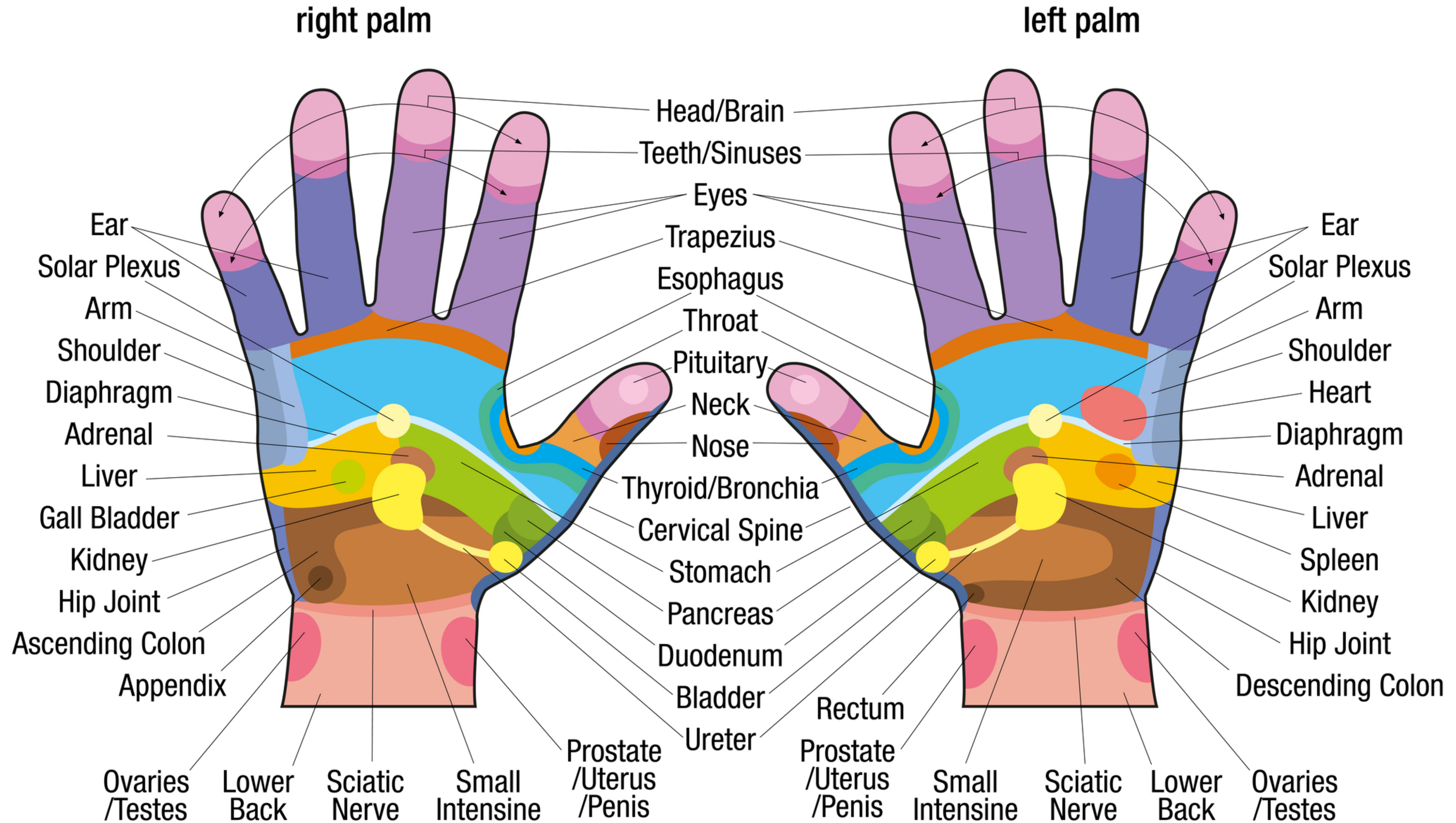
# ADHARA MUDRAS

- **Perineal Gestures**
- Ashwini Mudra
- Vajroli/Sahajoli Mudra

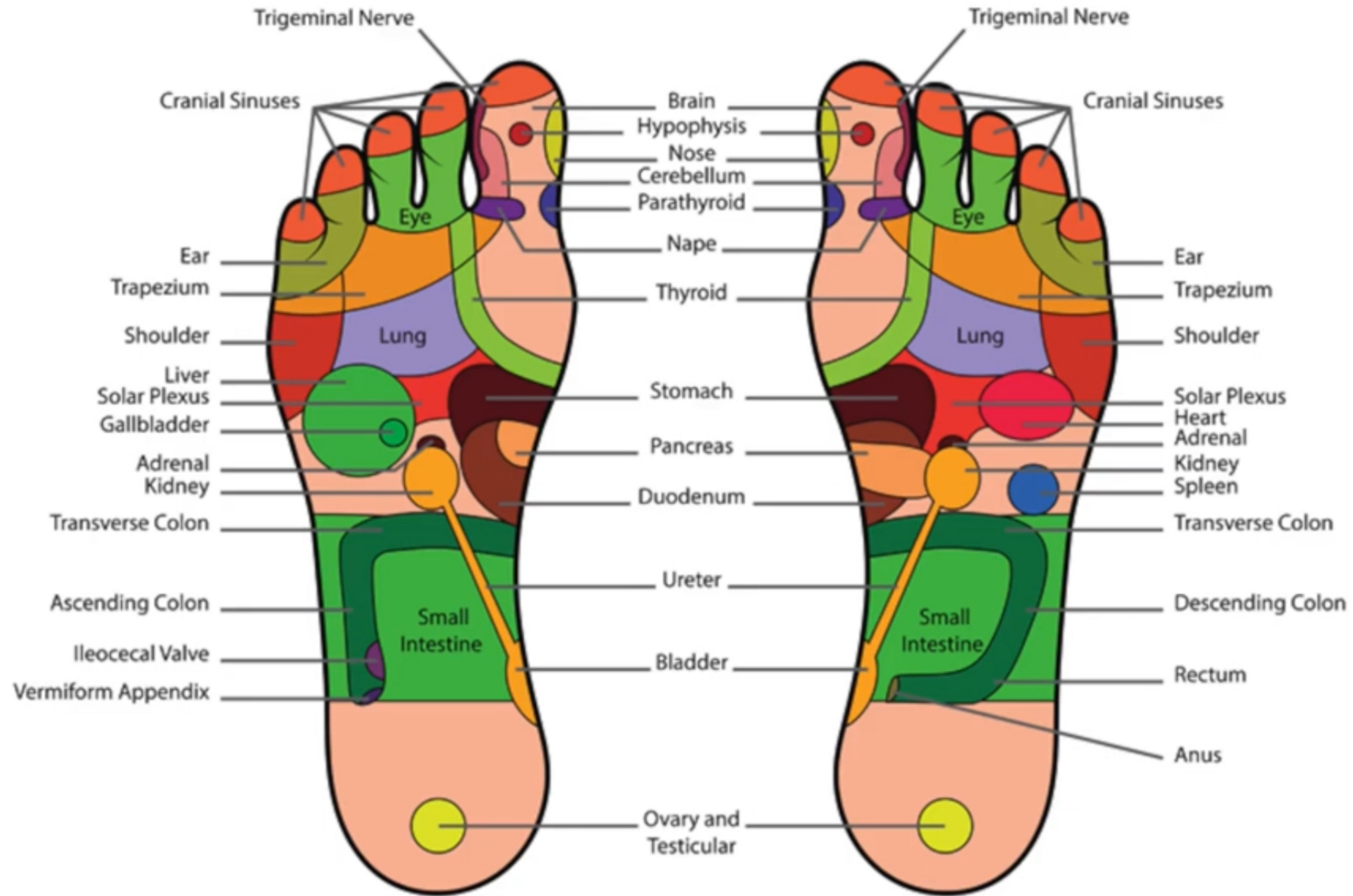




# Hand Reflexology Chart







Right Foot

Left Foot



# MUDRAS RELATED TO THE FIVE ELEMENTS

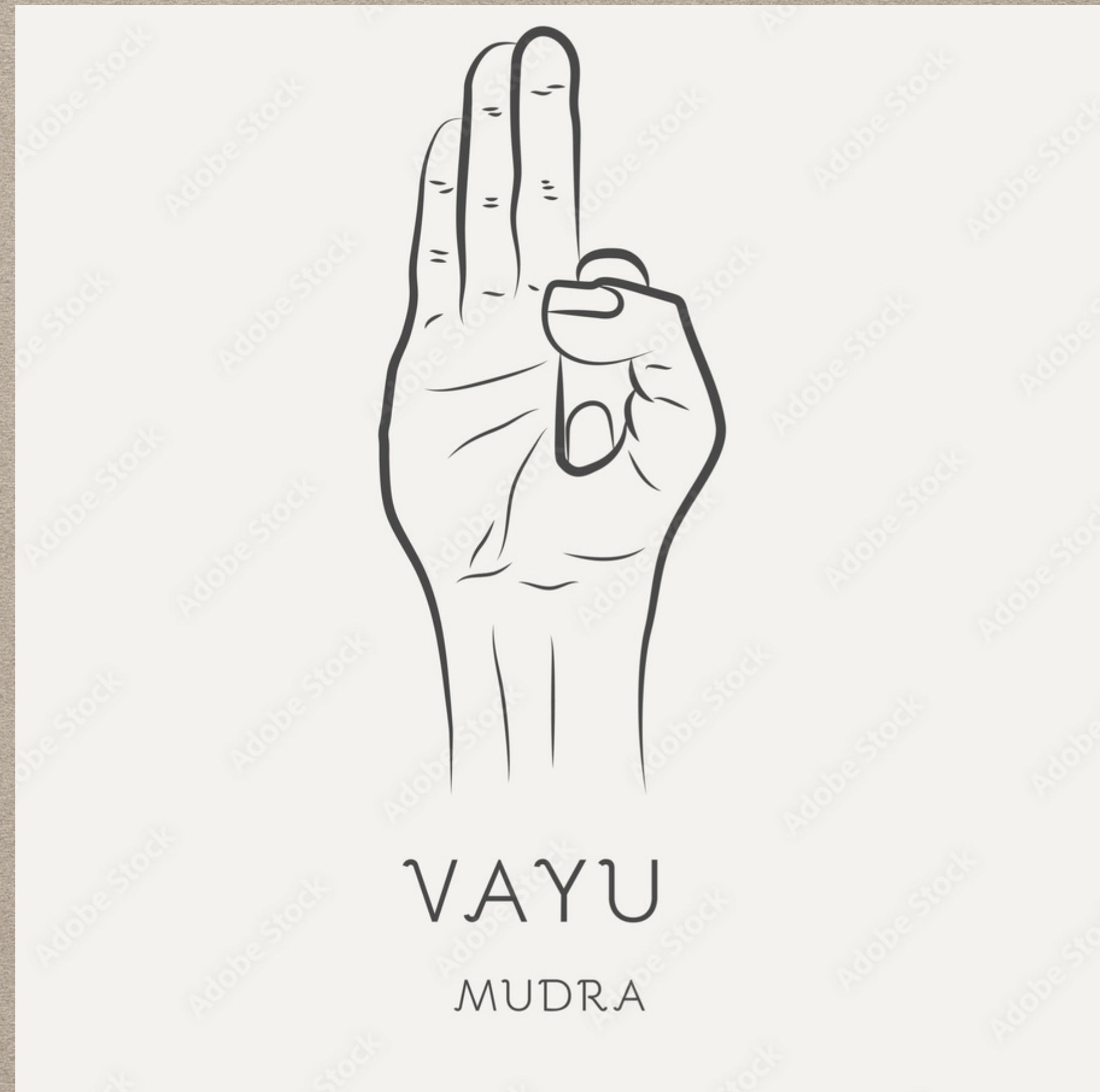
- **Exists in and outside the body.**
- Fire - Agni
- Air - Vayu
- Space - Akasha
- Earth - Prithvi
- Water - Jala
- To **reduce** an element, the tip of that finger is brought to the base of the thumb.
- To **increase** an element, the tip of the thumb is brought to the base of the finger.
- Both palms are used.





# VAYU MUDRA

- Mudra for the **air** element.
- Great for those suffering with back pain, arthritis, Parkinsons.
- Reduces restlessness in the mind and calms the mind.
- Stimulates endocrine glands.
- Overcomes gastric problems.
- Reduces air element.





# SHOONYA MUDRA

- Mudra for the **space** element.
- Great for those suffering with travel sickness, any kind of jet lag, vertigo.
- Helps in dealing with problems related to the ears and hearing.
- Effective in removing feelings of fullness, heaviness or congestion.
- Detoxifies the body as it improves elimination of metabolic waste.
- Reduces thyroid.
- Reduces space element.



Shunya Mudra





# PRITHVI MUDRA

- Mudra for the **earth** element.
- Great for those who want to increase their stamina and have good body strength.
- Promotes hair growth and reduces hair fall.
- Increases stability and body weight.
- Increases earth element.





# SURYA MUDRA

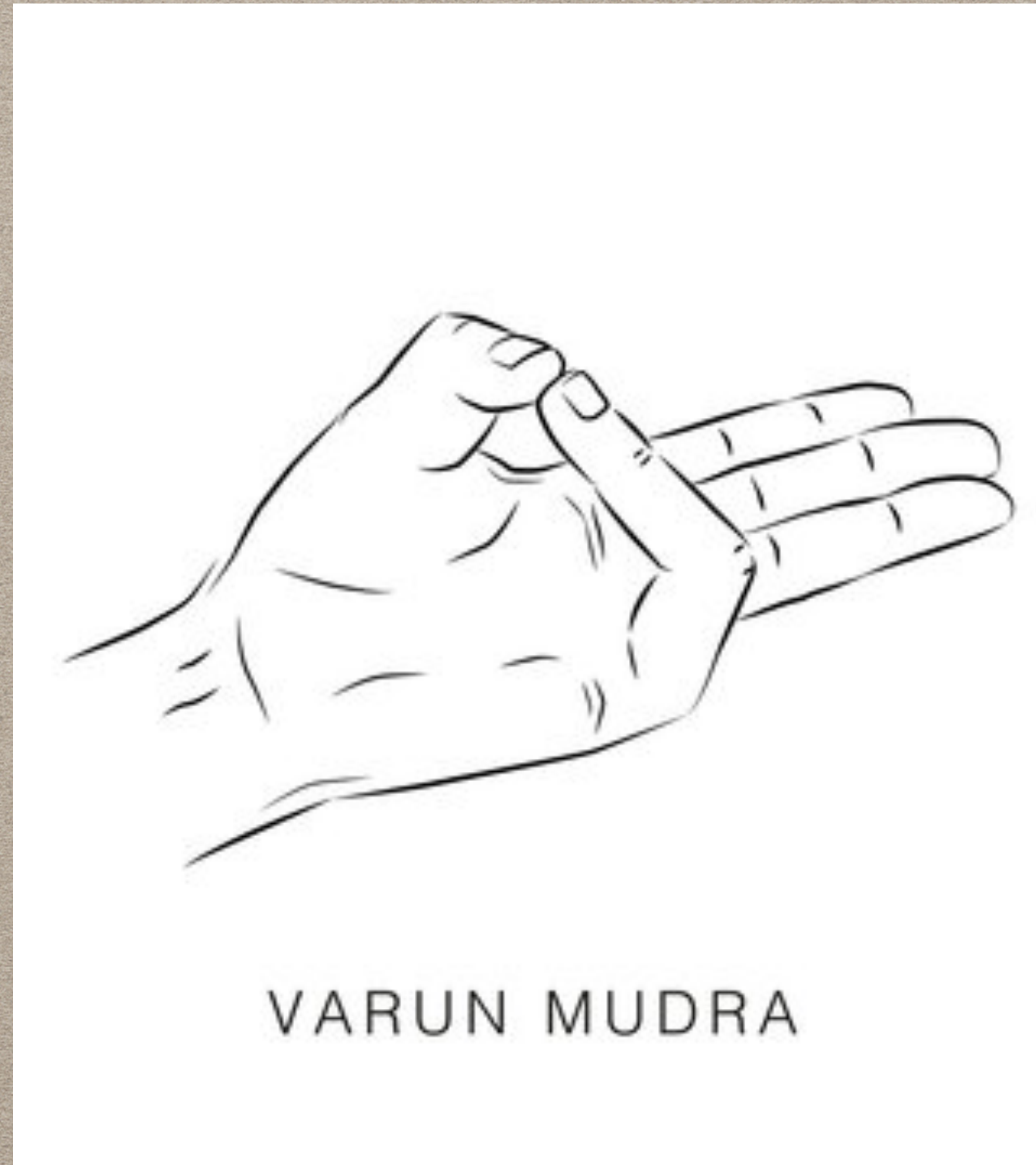
- Mudra for the **fire** element.
- Great for those wanting to reduce the excess fat within the body or who want to increase their metabolism.
- Increases the body temperature.
- Helps in reducing cholesterol.
- Reduces fire element.





# VARUN/VARUNA MUDRA

- Mudra for the **water** element.
- Great for moisturising the skin, glowing skin :) or for cleaning the blood.
- Prevents dehydration and constipation.
- Helps in reducing cholesterol.
- Prevents skin diseases.
- Balances the water metabolism in the body.
- Increases water element.



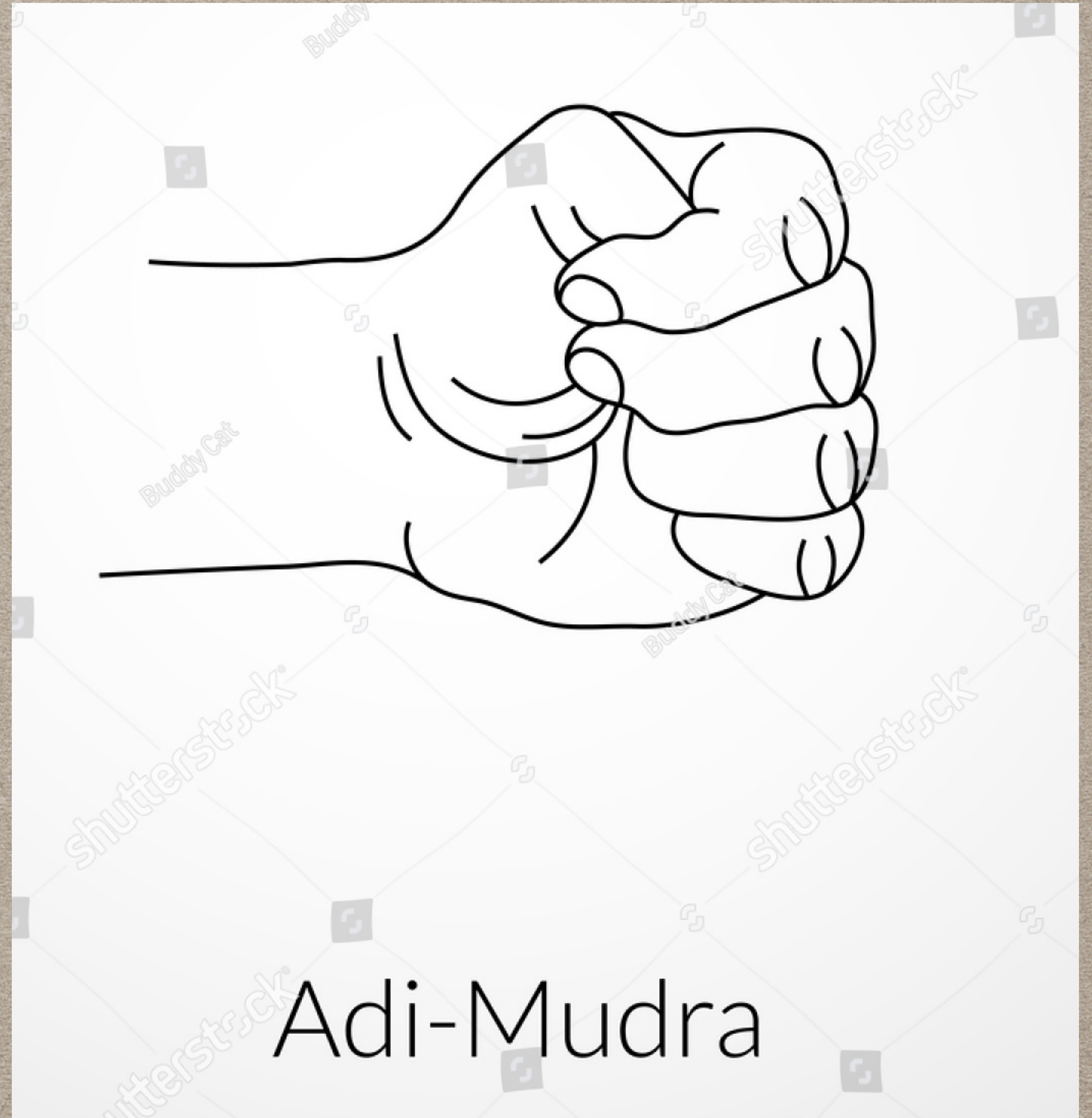


# ADI MUDRA

- **Primal/First Gesture.**
- Adi Mudra is one of the first Mudras that a baby does when they are in the mother's womb or during the time of birth.
- Many times babies do the 'Pawanmuktasana' (the Wind-Relieving Pose) inside the womb and they also practice the 'Bhujangasana' (the Cobra Pose) after birth.
- We can integrate this Mudra with Ujjayi Pranayama (Ocean Breath).

## Benefits of Adi Mudra.

- Improves lung capacity and increases oxygen flow.
- Will ventilate the upper lobes of the lungs.
- Increases (internal) communication.
- Stimulates nervous system and calms us down.
- Stimulates the intellect (Buddhi) and increases attention.
- Induces concentration and higher awareness.
- Activates the parasympathetic nervous system.



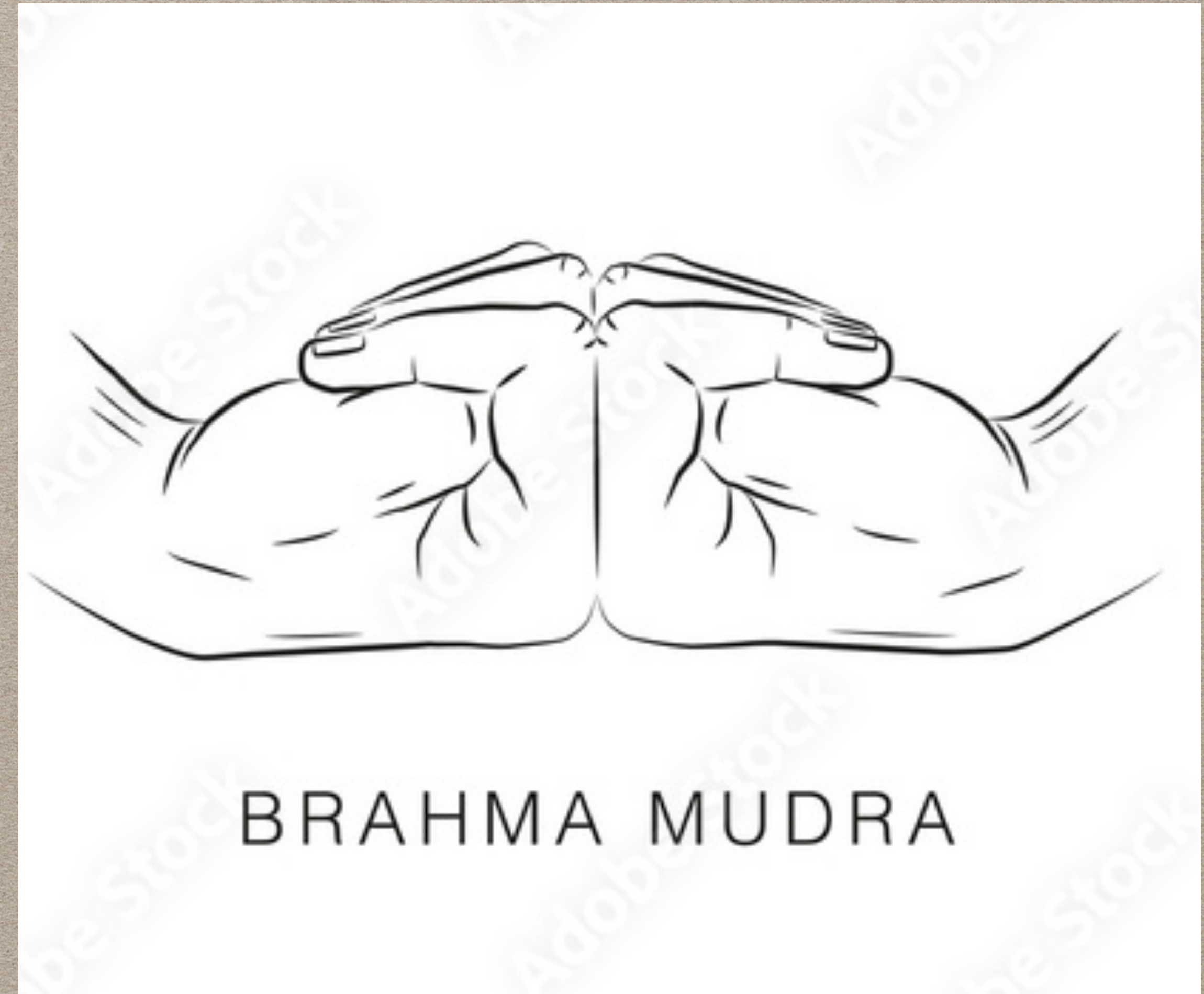


# BRAHMA MUDRA

- **Gesture/Attitude of all Pervading Consciousness.**
- Brahma refers to the creator of the entire universe.
- Bring fists close to the navel pointing towards ceiling. Back of palms are rested close to thighs. Apply gentle pressure against the navel, close to the abdomen.
- All dimensions of the individual being are being guided by the supreme consciousness. Brings all five elements together.

## Benefits of Brahma Mudra.

- Stimulates full, deep yogic breathing, enhancing the movement of the diaphragm, chest and collarbones.
- Prana (life-force) flows upward.
- Pressing the hands to the abdomen also massages the internal organs and may encourage digestion.
- Calms nervous system which brings a mind and body balance.
- Releases negative emotions, energy and toxins from the body and the mind, leading to a feeling of lightness and freshness.





# CHINMAYA MUDRA

- **Gesture of the Manifested Consciousness.**
- Touch tip of your thumb with the tip of your index finger. Keep other fingers bent and curled in. Place your hands on your thighs, close to the knees.
- The individual self is united with the universal self through the practise of Chinmaya Mudra.
- The four folded fingers represent the finite aspects of this world and helps us realise our infinite potential.
- Can be integrated with Ujjayi breath or normal breathing cycles.

## Benefits of Chinmaya Mudra.

- Improves digestion.
- Reduces cortisol (stress hormone and anxiety).
- Prevents memory loss.
- Helps insomnia and improves the quality of sleep.
- Stimulates Prana and movement around the thoracic region and helps ventilate the middle lobes of the lungs. Promotes humbleness and grounding.
- Leads toward heightened awareness of internal and external environment.



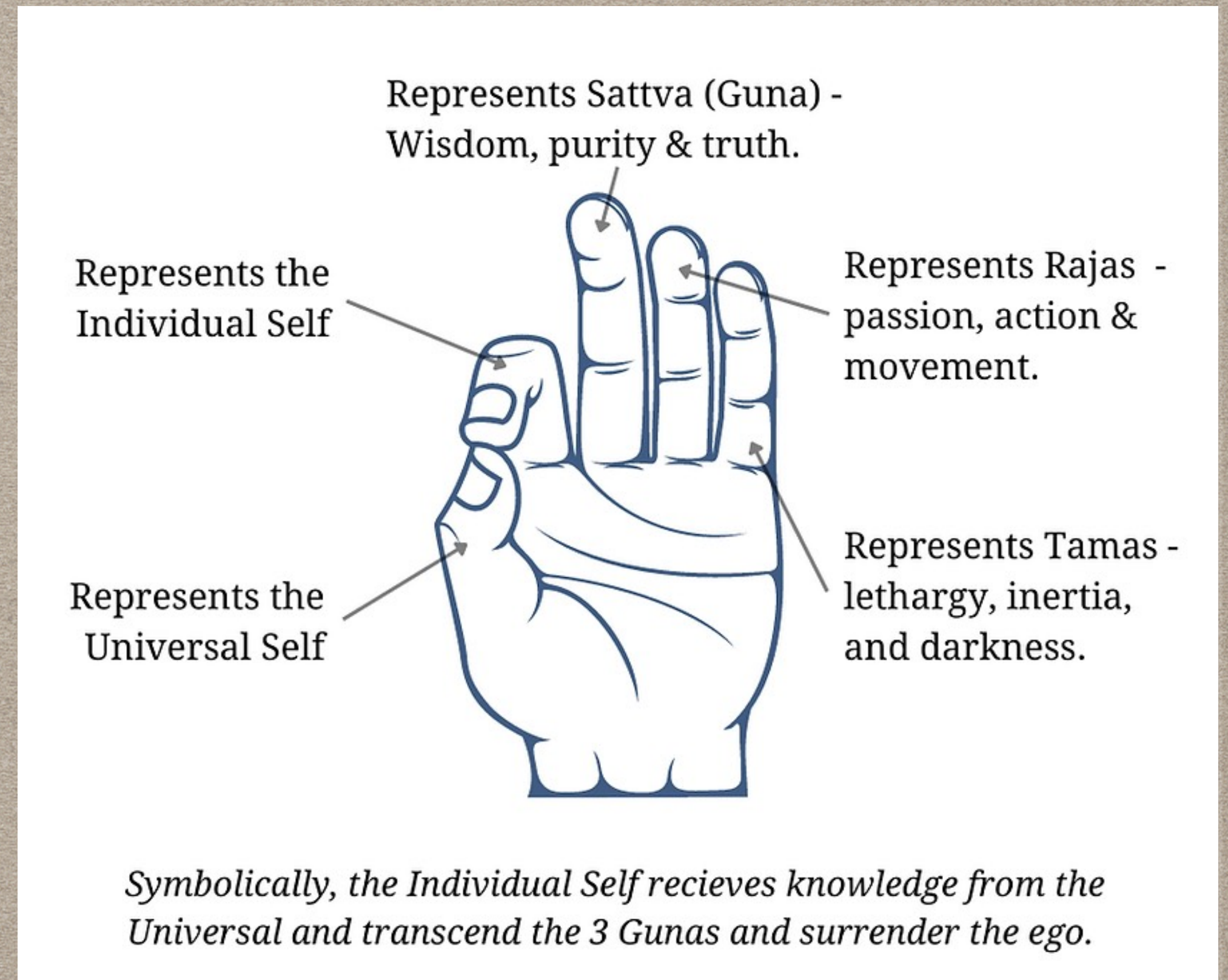


# CHIN MUDRA

- **Gesture of the Consciousness.**
- It is a very important psycho-neural finger lock to create a circuit of energy through the nerve root endings present in our palms and fingers.
- Touch tip of thumb with tip of index finger. Middle, ring and little finger are extended pointing towards ceiling. Place the hands on thighs, close to knees with the palms facing upwards.
- Touching the thumb to index finger symbolises the ultimate reality of the two experiences and the culmination of Yoga - **the union of the Individual consciousness with Universal Consciousness.**
- In order for consciousness to pass from ignorance to knowledge, the Trigunas must be transcended.
- Can integrate with Ujjayi breath or normal breathing cycles.

## Benefits of Chin Mudra.

- Will make your meditation more powerful as it increases memory and brings more awareness within you.
- Helps you become a lot more centred and stable from within.
- Reduces stress and negative emotions like anger and ignorance.
- Improves sleep pattern.





"The mind and body are not separate entities. The gross form of the mind is the body and the subtle form of the body is the mind. The practise of asana integrates and harmonises the two."

*-Swami Satyanandra Saraswati*



# MUDRAS

## POWER OF ENERGY

We transcend the different layers of our body through Mudras.