

# *Mudras*



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## **Introduction**

This paper is intended to be an introduction to mudras. It will include the definition of mudras, a brief history of mudras, an overview of how mudras work based on different theories, how mudras and yoga are related, hand warm up, and look in depth at three mudras including a yoga sequence with each mudra to compliment the intended energetic, emotional, and physical result. This paper is written with the expectation that the reader has a basic knowledge of yoga concepts. The yoga sequences are written for level 1-2 students and a 75 minute class. It is expected that students will know how to appropriately modify any asana for their needs. This paper is intended to be an introduction to mudras and explore how mudras can compliment in the asana practice and achieve the intended results.

## **What are Mudras**

Mudras are the hand gestures that are symbolic in cultures. They are used to communicate with each other such as waiving hello. They are used in rituals, such as folding your hands in prayer. They are also used for the energetic, emotional, and physical effects. There are many examples of other mudras in American culture.

- Shaking hands when you meet someone.
- Raising the index finger to say just a minute.
- Holding out your hand to signal stop.

Not all examples are as polite as these.



The Sanskrit for mudra is literally translated to gesture or attitude. Mudra is also commonly translated to seal. The roots in Sanskrit are Mud and Dru. Mud is delight or pleasure, and Dru is to draw forth. The literal translation includes the hand gestures, but will also include dristis (eye focal points), asanas (body positions), and pranayama (breathing techniques). This paper will only focus on the hand gestures and will exclude the others.

## **History of Mudras**

Mudras have a very deep history and can be found in all cultures including, Ancient Egyptians, Romans, Greeks, Persians, Aborigines in Australia, Ancient Indians, Ancient Chinese, Africans, Turks, Fijians, Mayans, Inuit, and the Native Americans, just to name a few. As you can see, the list encompasses many cultures with varying languages, historic periods, and continents. It has even been proven that Apes will communicate with each other using their hands.

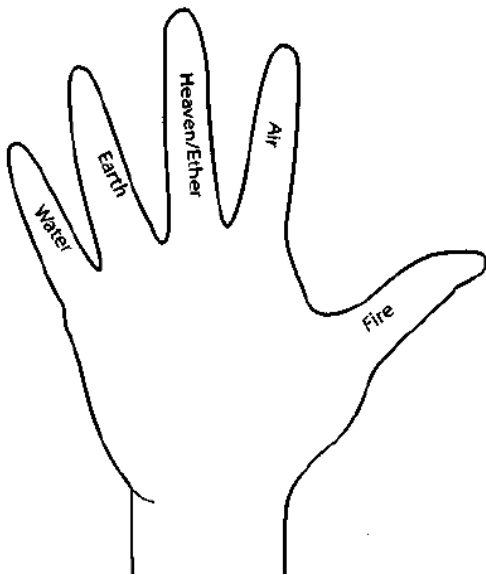
Each culture will have their own mudras, and the mudras would have a specific meaning. This means that two cultures might have the same mudra, but the different cultures would have different meaning associated with that mudra. This is still true today. In America, you would raise your index finger to signal that you want one of something. This same gesture will get you two of something in Germany.



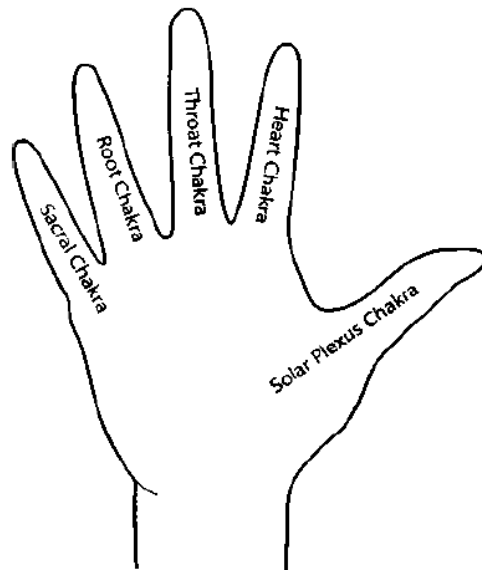
## How Mudras Work

With mudras having such a deep and broad history, there are many theories about how and why they work. Some of these theories include influences from Ayurveda, Chakras, Accupressure Points, Reflex Zones, Meridians, and Planetary and Palmistry. The different theories believe that depending where pressure is placed on the hand, what energetic, emotional, and physical effects it will have on the practitioner. Below are images of some of the different theories.

**Ayurveda**

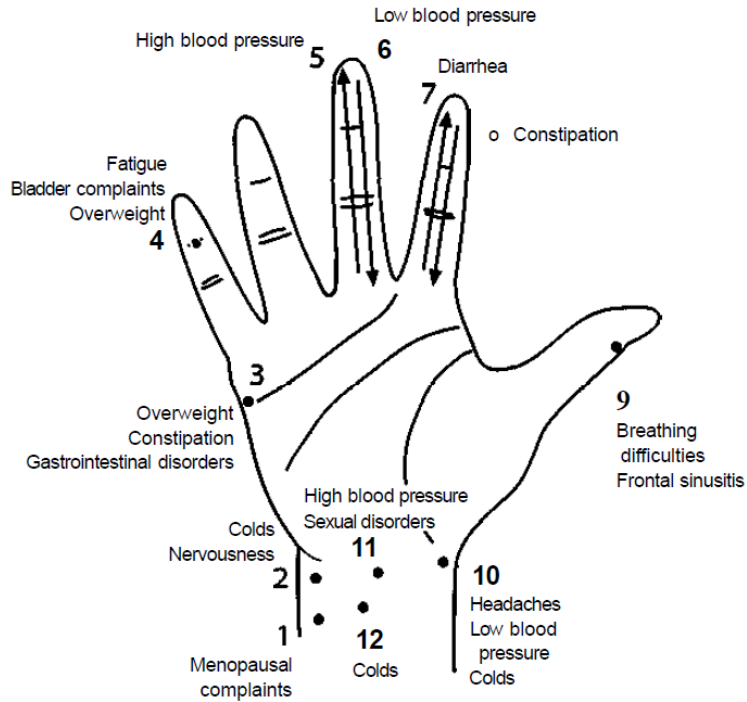
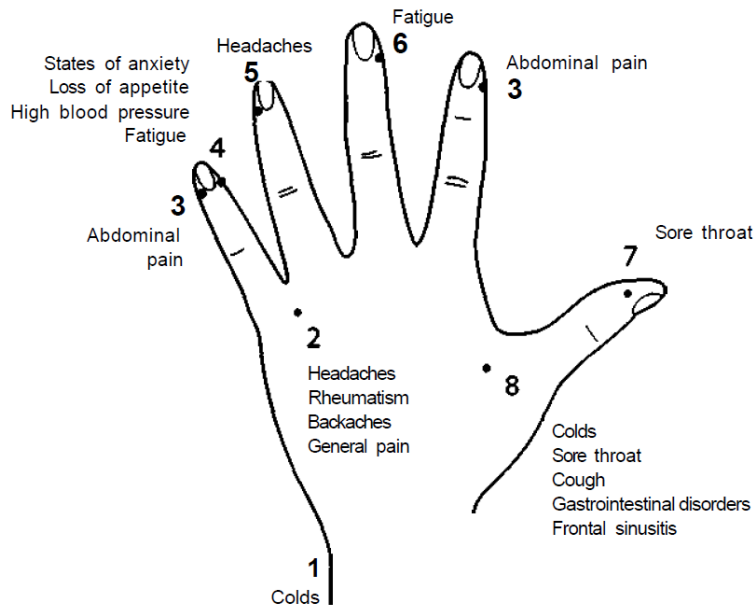


**Chakra**



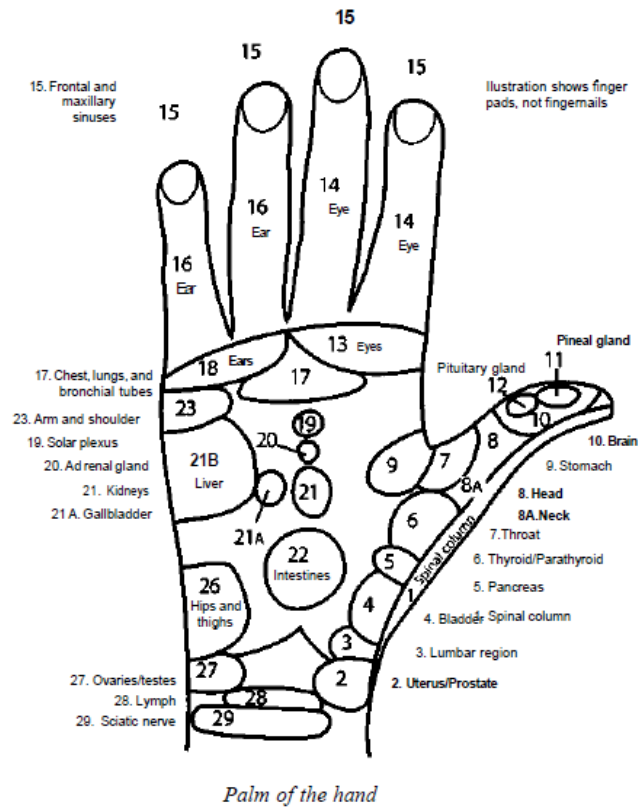
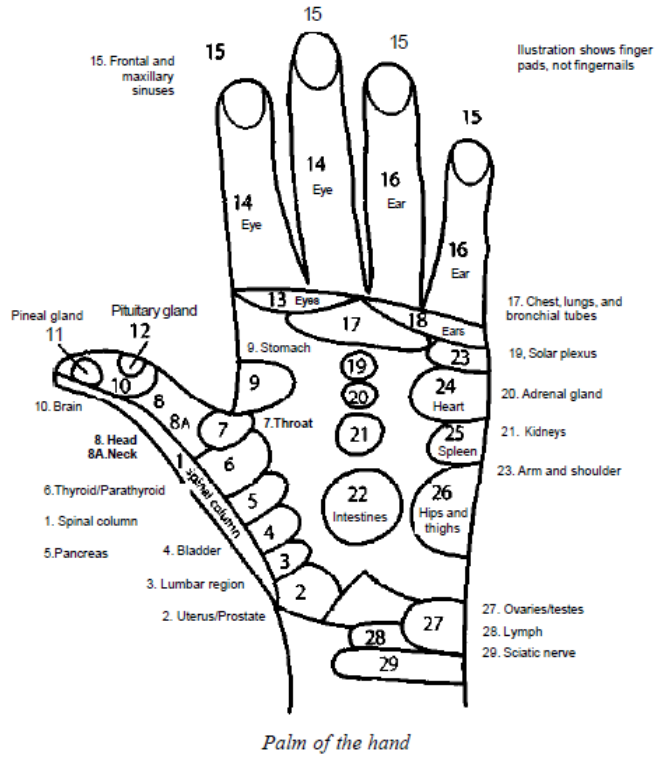


**Acupressure**



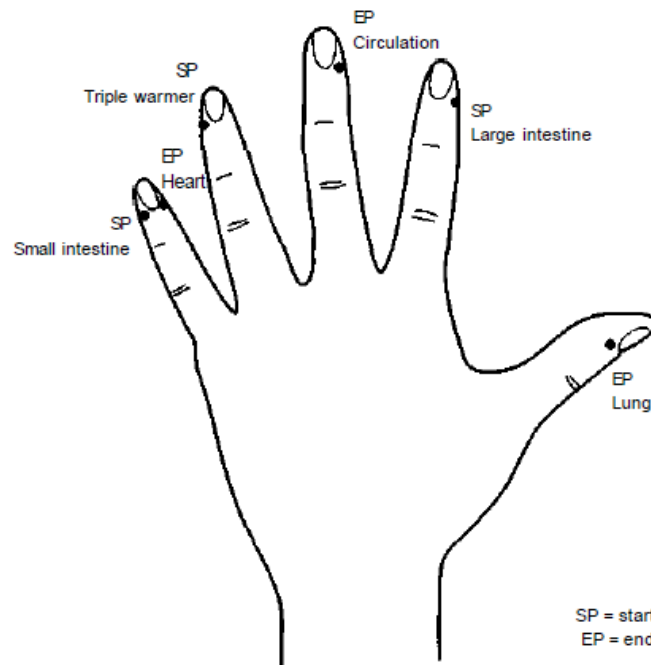
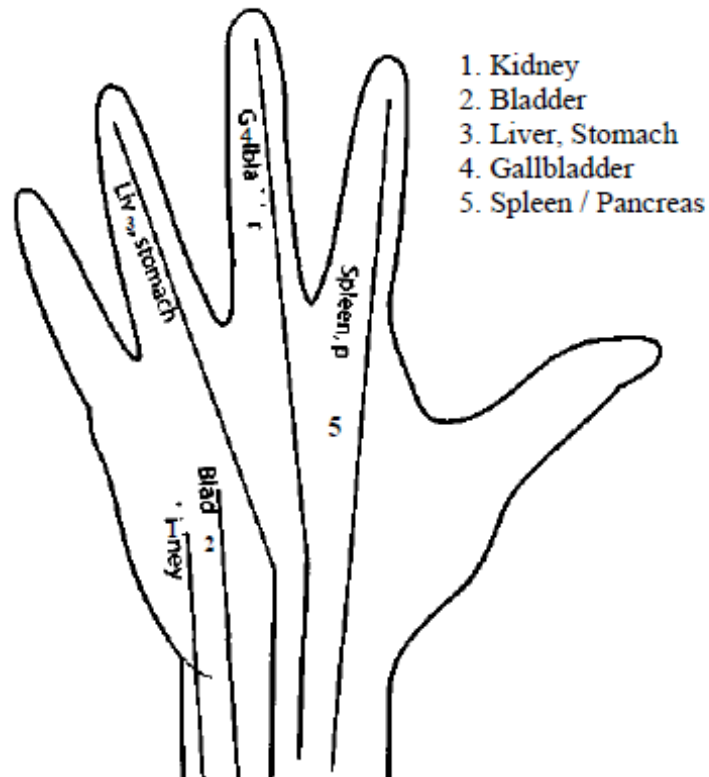


Reflex Zones





Meridians

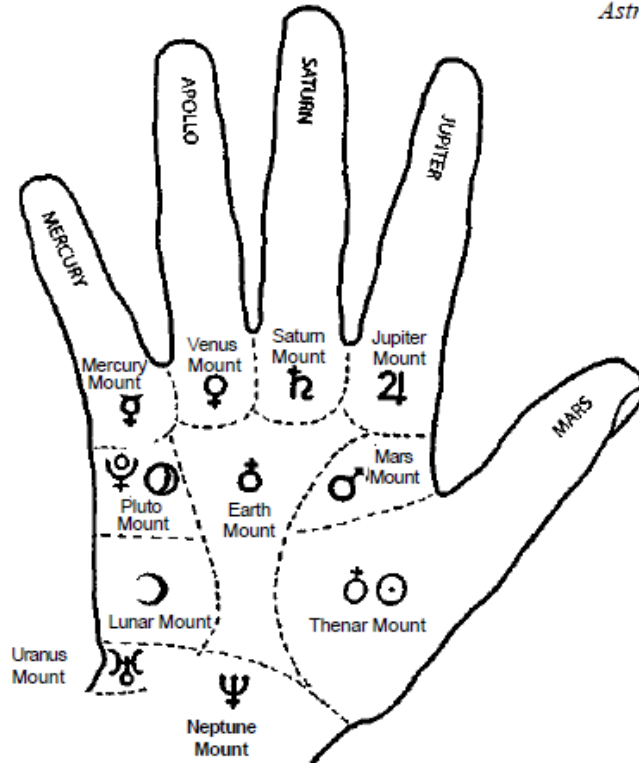




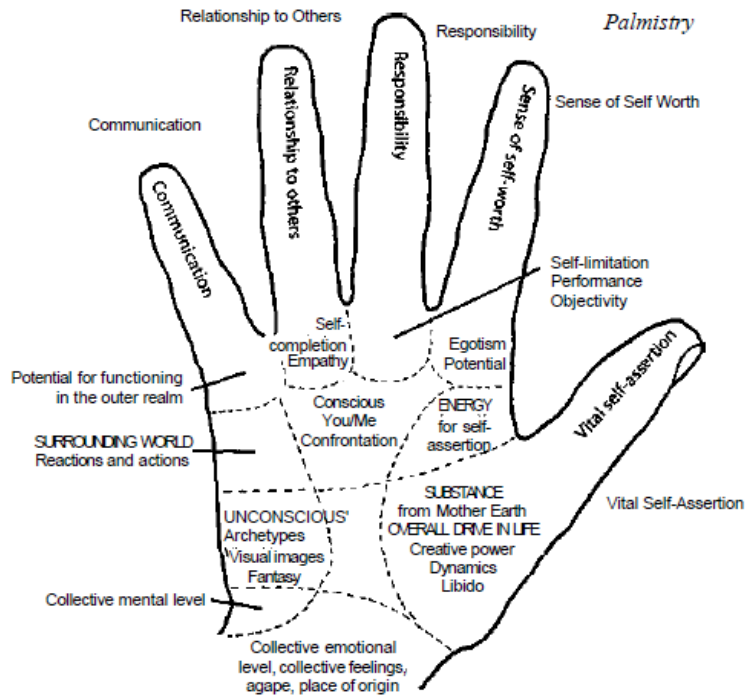


**Planetary Classification and Palmistry**

*Astrology*



*Palmistry*



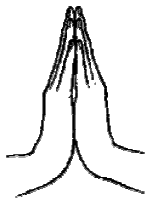


This is a lot of different information, and some of it can be contradictory. Every practitioner should appreciate the knowledge and use it as a basis to practice and reflect on. Some things will resonate more than others with each individual. Some things will be able to be felt more than others. The practitioner needs to experiment and determine what works best for them.

## Mudras and Yoga

There are a few mudras that are commonly used in a yoga practice. These would include:

**Atmanjalina Mudra**



**Jnana Mudra**



**Chin Mudra**



But mudras are not limited to just these few common yoga ones. They are limitless. Mudras are often used during meditation. They have healing properties for the energetic, emotional, and physical health of the practitioner, just like yoga. Mudras and breath should also be used together, just like yoga. To me, they seem very different but yet very similar and could be used together to get the desired effect and complement each other.



When practicing a mudra, the pressure of the fingers engaged in the mudra should be very light but firm and the other fingers and hand should be relaxed. If practicing a mudra by itself, without an asana practice, it is advised to start with several deep exhalations at the beginning. It is also recommended to pay attention to the kumbhaka (breath retention) after inhalation and after exhalation.

### **Before Practicing**

It is advised to warm up the hands, wrists, and shoulders prior to practicing mudras. Most individuals, especially in the West, are not use to using their hands and wrists in this way and will experience fatigue without proper preparation and practice. This is equivalent to warming up the body prior to any exercise. Below is a sample warm up. This can be modified for the individual practitioner as necessary.

- Rub palms together to create heat for ten seconds.
- Right palm towards sky with wrist at a 90 degree and pull down each finger individually and hold for ten seconds, then move to the next finger. When all fingers on the right hand are completed, move to the left hand.
- Right palm towards earth with wrist at a 90 degree and pull down each straightened finger individually and hold for ten seconds, then move to the next finger. When all fingers on the right hand are completed, move to the left hand.
- Reach arms out to the sides so they are parallel to earth with palms up, bend wrists into extension so the tips of the fingers point toward the earth and hold for ten seconds.
- Shake hands vigorously for ten seconds.
- Back of hands together in front of heart center for ten seconds.

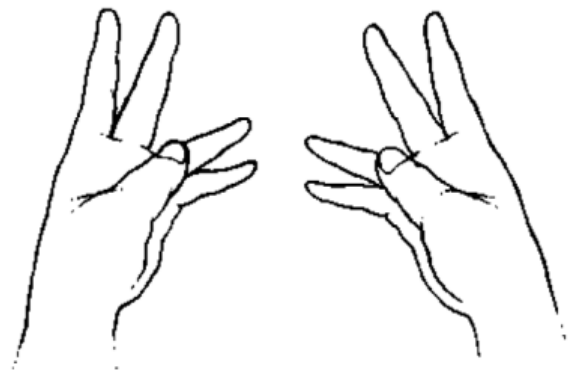


## **Specific Mudras**

Three mudras have been chosen, Detoxification Mudra, Prithiva Mudra and Hridaya Mudra. These mudras will be explored in detail including the Sanskrit translation, how to place your hands into the mudra, how the mudra interacts with the different theories, a yoga sequence to compliment the mudra, and my personal reflection of the sequence on my energetic, emotional, physical state.



## Detoxification Mudra



To many people, detox has a certain meaning. Maybe it is an aggressive, restrictive diet that they do a couple of times a year with or without supplements. Maybe it is choosing to give up some food or eat a certain way. Others maybe have a more physical definition, such as removing clutter from their life. This mudra is believed to support the detoxification of waste materials and toxins within the body, but also emotions such as bad memories, grudges, bad habits, negative character traits, and fears. I had not previously thought of detoxing the unhealthy emotions, but I like this concept.

To practice the Detoxification Mudra, the pad of the thumb should be placed on the inside of the ring finger between the base of the finger and their first joint. The rest of the fingers should be extended but relaxed. This is done in both hands. Below is an interpretation of the different theories of how mudras work utilizing the images from the previous section.

- Ayurveda – Engages the Earth and Fire elements.
- Chakras – Engages the Root (Muladhara) Chakra and Solar Plexus (Manipura) Chakra.



- Acupressure – Puts pressure on the sore throat pressure point on the thumbs, which is not relevant to this mudra but some practitioners might find relief if they are experiencing this symptom.
- Reflex Zones – Puts pressure on the ears, spinal column, brain, pineal gland and pituitary gland to stimulate these areas.
- Meridians – Stimulates the liver/stomach and lung meridians.
- Planetary Classification and Palmistry
  - Planetary Classification – Puts pressure on Apollo and Mars.
  - Palmistry – Puts pressure on relationship to others and vital self-assertion.

### Sequence

- **Siddhasana** or some other comfortable pose
- Hand warm up (see previous section – Before Practicing on page seven)
- Set intention
  - Suggestion letting go or detoxing of a bad memory, grudge, bad habit, negative character trait, fear or some other negative emotion that is no longer serving you.
- If in **Siddhasana** or some other asymmetrical pose, switch the cross of the feet
  - Place hands in mudra and meditate for five minutes.
  - If hands or arms get tired during this time, release the mudra and continue meditating.
  - Every time that the mudra is used in the sequence, it is a good time to return to your intention.
- **Cat/Cow**
  - Hold for ten breaths
- **Wag the Dog**
  - Hold for ten breaths
- **Thread the Needle**
  - Dynamic for five breaths
  - Hold for ten breaths
- **Balāsana** with Mudra
  - Hold for ten breaths
  - This asana is always available to you if the practice brings up strong negative emotions or if you just need a rest.



- **Adho Mukha Svanasana**
  - Hold for ten breaths
  - Do what feels good, such as walk the dog, or sway side to side to start to bring movement into the body.
- **Uttanasana**
  - May need slight bend in the knees as the body continues to warm up
- **Tadasana** with mudra in both hands
- **Surya Namaskara C** Modified – two rounds
  - Inhale - **Urdhva Hastasana**
    - May have slight back bend if it feels good in your body
  - Exhale – **Uttanasana**
  - Inhale – Step right foot back into low lunge
  - Exhale – Lower hips into lunge
  - Inhale – Rise to **Anjaneyasana** with mudra in both hands
  - Exhale – Twist
    - Hold for five breaths
  - Inhale – **Anjaneyasana** with mudra in both hands
  - Exhale – **Adho Mukha Svanasana**
  - Inhale – Plank
  - Exhale – **Astangasana**
  - Inhale – **Low Bhujangasana**
  - Exhale – **Adho Mukha Svanasana**
  - Inhale – Step right foot forward into low lunge
  - Exhale – Lower hips into lunge
  - Inhale – Rise to **Anjaneyasana** with mudra in both hands
  - Exhale – Twist
    - Hold for five breaths
  - Inhale – **Anjaneyasana** with mudra in both hands
  - Exhale – **Uttanasana**
  - Inhale – **Urdhva Hastasana**
    - May have slight back bend if it feels good in your body
  - Exhale – **Tadasana** with mudra in both hands
  - Repeat on left side
- **Trikonasana**
  - Right side
  - Mudra in left hand
  - Hold for five breaths
- **Virabhadrasana 2**
  - Right side
  - Mudra in both hands
  - Hold for five breaths



- **Prasarita Padottanasana**
  - Interlace fingers around big toes
  - Hold for five breaths
- **Parivrtta Ardha Prasarita Padottanasana**
  - Twist right first
  - Mudra in right hand
  - Hold for five breaths
  - Repeat with left twist
- **Trikonasana**
  - Left side
  - Mudra in right hand
  - Hold for five breaths
- **Virabhadrasana 2**
  - Left side
  - Mudra in both hands
  - Hold for five breaths
- **Prasarita Padottanasana**
  - Interlace fingers around big toes
  - Hold for five breaths
- **Tadasana** with mudra in both hands
- **Adho Mukha Svanasana**
- Step left foot forward to high lunge
- **Parsvakonasana** with mudra in both hands
- **Parivrtta Parsvakonasana**
  - May lift back foot if necessary
  - Mudra in left hand
- **Adho Mukha Svanasana**
- Step right foot forward to high lunge
- **Parsvakonasana** with mudra in both hands
- **Parivrtta Parsvakonasana**
  - May lift back foot if necessary
  - Mudra in right hand
- **Adho Mukha Svanasana**
- **Dandasana**
- **Maricyasana 1**
  - Right side
- **Maricyasana 3**
  - Right side
  - Mudra in left hand
- **Danadasana**
- **Maricyasana 1**
  - Left side





- **Maricyasana 3**
  - Left side
  - Mudra in right hand
- **Danadasana**
- **Jathara Parivartanasana**
  - Bent knees
  - Supported if necessary
  - Mudra in both hands
  - Hold for ten breaths
- **Supta Padangusthasana 1**
- **Knees to chest**
- **Supta Tadasana** with mudra in both hands
- **Savasana**
  - If it feels appropriate, have mudra in both hands

### **About the Sequence**

This sequence includes many twists, which are great for detoxing the body and mind. Twists will create heat in the body helping wring out the toxins, both physical and emotional. During a detox period, it is advisable to be nice to your body but to also sweat. This sequence is nice because it is not extremely physically demanding, but it does build heat to create sweat.

From my personal perspective, I had a situation arise that brought up some past negative emotions. I practiced this sequence several times and was able to let go of the negative feelings that I held and work through the situation more calmly and clearly. I was able to find more peace in my past. I think that including the mudra in the asana practice assisted in the detoxification of the old emotion.



## Prithiva Mudra



Prithiva in Sanskrit means Earth, so this is the Earth Mudra. This mudra helps to balance the Muladhara Chakra, or the Root Chakra. When Muladhara Chakra is balanced, one feels grounded, healthy, safe, secure, self assured, stable, strong, and trusting.

To practice Prithiva Mudra, the tip of the thumb should touch the tip of the ring finger. The rest of the fingers should be extended but relaxed. This is done in both hands. Below is an interpretation of the different theories of how mudras work utilizing the images from the previous section.

- Ayurveda – Engages the Earth and Fire elements.
- Chakras – Engages the Root (Muladhara) Chakra and Solar Plexus (Manipura) Chakra.
- Acupressure – None.
- Reflex Zones – Puts pressure on the ears and pineal gland.
- Meridians – Stimulates the liver/stomach and lung meridians.
- Planetary Classification and Palmistry
  - Planetary Classification – Puts pressure on Apollo and Mars in Astrology.
  - Palmistry - Puts pressure on relationship to others and vital self-assertion.



- Other
  - Intensifies sense of smell.
  - Good for bones, hair, nails and skin.
  - Restore equilibrium when walking.
  - Stimulates body temperature, liver and stomach.

### Sequence

- **Virasana** or some other comfortable pose
- Hand warm up (see previous section – Before Practicing on page seven)
- Set intention
  - Suggestion to feel healthy, safe, secure, stable, strong, and trusting.
- If in an asymmetrical pose, switch the cross of the feet
  - Place hands in mudra and meditate for five minutes.
  - If hands or arms get tired during this time, release the mudra and continue meditating.
  - Every time that the mudra is used in the sequence, it is a good time to return to your intention.
- **Spinal Anjulation 1**
  - Arms in a tee with mudra in both hands
  - Hold for ten breaths
- **Supta Tadasana** with mudra in both hands
- **Dynamic Supine Twist**
  - Arms in a tee with mudra
  - Cross right knee over left
  - Inhale drop knees to right
  - Exhale return to center
  - Repeat on same side for ten breaths
  - Repeat on other side
- **Supta Tadasana** with mudra in both hands
- **Supta Ardha Chandrasana**
  - Hold for five breaths each side
  - Repeat each side
- **Supta Tadasana** with mudra in both hands
- **Balasana** with mudra in both hands
  - Hold for ten breaths
  - This asana is always available to you if you need a rest.



- **Adho Mukha Svanasana**
  - Hold for ten breaths
  - Do what feels good, such as walk the dog, or sway side to side to start to bring movement into the body
- **Uttanasana**
  - May need slight bend in the knees as the body continues to warm up
- **Tadasana** with mudra in both hands
- **Surya Namaskara Stryker** – two rounds
  - **Tadasana** with mudra in both hands
  - Inhale – **Urdhva Hastasana** with mudra in both hands
  - Exhale – **Utkatasana** (First round hold for five breaths) with mudra in both hands
  - Inhale – Reach up while holding **Utkatasana**
  - Exhale – **Uttanasana**
  - Inhale – **Ardha Uttanasana**
  - Exhale – **Adho Mukha Svanasana**
  - Inhale – Plank
  - Exhale – **Chaturanga Dandasana**
  - Inhale – **Urdhva Mukha Svanasana**
  - Exhale – **Adho Mukha Svanasana**
  - Inhale – Step right leg forward into **Virabhadrasana I** with mudra in both hands
  - Exhale – Hold
  - Inhale – Straighten front Leg
  - Exhale – **Parsvottanasana**
  - Inhale – High lunge with hands on floor
  - Exhale – **Adho Mukha Svanasana**
  - Inhale – Step left leg forward into **Virabhadrasana I** with mudra in both hands
  - Exhale – Hold
  - Inhale – Straighten front leg
  - Exhale – **Parsvottanasana**
  - Inhale – High lunge with hands on floor
  - Exhale – **Adho Mukha Svanasana**
  - Inhale – Plank
  - Exhale – **Chaturanga Dandasana**
  - Inhale – **Urdhva Mukha Svanasana**
  - Exhale – **Adho Mukha Svanasana** – Hold for ten breaths
  - Inhale – **Ardha Uttanasana**
  - Exhale – **Uttanasana**
  - Inhale – **Urdhva Hastasana** with mudra in both hands
  - Exhale – **Tadasana** with mudra in both hands
- **Parsvakonasana**
  - Right side
  - Mudra in both hands
  - Hold for ten breaths



- **Virabhadrasana 2**
  - Right side
  - Mudra in both hands
  - Hold for ten breaths
- **Trikonasana**
  - Right side
  - Mudra in left hand
  - Hold for ten breaths
- **Prasarita Padottanasana**
  - Support Head
  - Hold for ten breaths
- **Parsvakonasana**
  - Left side
  - Mudra in both hands
  - Hold for ten breaths
- **Virabhadrasana 2**
  - Left side
  - Mudra in both hands
  - Hold for ten breaths
- **Trikonasana**
  - Left side
  - Mudra in right hand
  - Hold for ten breaths
- **Prasarita Padottanasana**
  - Support head
  - Hold for ten breaths
- **Tadasana** with mudra in both hands
- **Adho Mukha Svanasana**
- **Chaturanga Dandasana**
- **Urdhva Mukha Svanasana**
- **Adho Mukha Svanasana**
- **Uttanasana**
- **Tadasana** with mudra in both hands
- **Virabhadrasana 1**
  - Left side
  - Mudra in both hands
  - Hold for ten breaths
- **Virabhadrasana 3**
  - Left side
  - Mudra in both hands
  - Hold for ten breaths



- **Tadasana** with mudra in both hands
- **Virabhadrasana 1**
  - Right side
  - Mudra in both hands
  - Hold for ten breaths
- **Virabhadrasana 3**
  - Right side
  - Mudra in both hands
  - Hold for ten breaths
- **Tadasana** with mudra in both hands
- **Vrksasana**
  - Hold for five to seven breaths each side
  - Mudra in both hands if available
- **Tadasana** with mudra in both hands
- **Adho Mukha Svanasana**
- **Vasisthasana**
  - Right side
  - Hold for five to seven breaths
  - Mudra in left hand
- **Adho Mukha Svanasana**
- **Vasisthasana**
  - Left side
  - Hold for five to seven breaths
  - Mudra in right hand
- **Adho Mukha Svanasana**
- **Chaturanga Dandasana**
- **Urdhva Mukha Svanasana**
- **Adho Mukha Svanasana**
- **Parivrtta Dandasana**
  - Hold for ten breaths each side
- **Dandasana**
- **Ardha Baddha Padma Paschimottanasana**
  - Hold for ten breaths
- **Dandasana**
- **Gomukhasana**
  - Hold for ten breaths
- **Danadasana**
- **Jathara Parivartanasana**
  - Bent knees
  - Supported if necessary
  - Mudra in both hands
  - Hold for ten breaths



- **Knees to chest**
- **Supta Tadasana** with mudra in both hands
- **Savasana**
  - If it feels appropriate have mudra in both hands

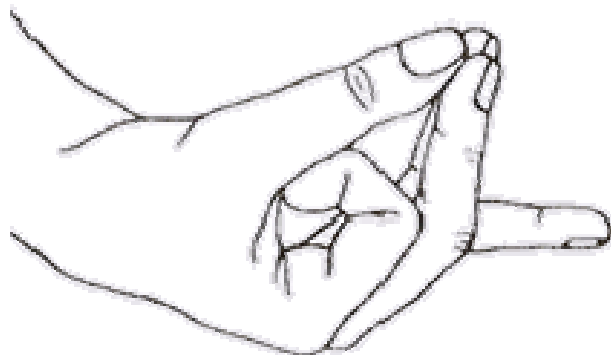
### **About the Sequence**

This sequence includes many standing poses, which are held longer and two balance poses. The standing asanas along with the longer holds assist the mudra to help balance Muladhara Chakra and give the student a feeling of security and stability. The balance poses are included to give the student an opportunity to play to see if they are more grounded.

From my personal perspective, I practiced this sequence several times during storms. I found it very grounding and calming. I also noticed that I was much more stable and strong in the poses and balance was almost effortless. I will also find myself using this mudra if I am practicing a balance pose and am a little wobbly, even in a class, to help with my balance.



## Hridaya Mudra



Hridaya means heart in Sanskrit. Hrid translates to center and Ayam translates to this. This is the Heart Mudra and is also known as the Apana Vayu Mudra and the Amritsanjeevani Mudra (Mudra for Immortality).

This mudra is used to increase the health of the physical heart and to help unburden the emotion heart.

To practice the Hridaya Mudra, place the tip of the index finger at the base of the thumb, bring the tips of the middle and ring finger to the tip of the thumb, and extend the pinky finger straight. This is done in both hands. Below is an interpretation of the different theories of how mudras work utilizing the images from the previous section.

- Ayurveda – Engages the Air, Heaven/Ether, Earth and Fire elements.
- Chakras – Engages the Anahata (Heart) Chakra, Vishuddha (Throat) Chakra, Root (Muladhara) Chakra and Solar Plexus (Manipura) Chakra.
- Acupressure – None.
- Reflex Zones – Puts pressure on the ears, pineal gland, head, neck and throat.
- Meridians – Stimulates the liver/stomach, spleen and lung meridians.





- Planetary Classification and Palmistry
  - Planetary Classification – Puts pressure on Jupiter, Saturn, Apollo, and Mars.
  - Palmistry – Puts pressure on sense of self worth, responsibility, relationship to others and vital self-assertion.
- Other
  - Diverts prana to the heart area improving vitality of the heart.
  - Helps release pent up emotion and unburden the heart.
  - Opens the heart and awakens the love inside of a person.
  - Calming and helps control high blood pressure.

### Sequence

- **Varjāsana** or some other comfortable pose
- Hand warm up (see previous section – Before Practicing on page seven)
- **Sukhasana** or some other comfortable pose
- Set intention
  - Suggestion to feel light in the heart.
  - Place hands in mudra palms up and meditate for five minutes.
  - If hands or arms get tired during this time, release the mudra and continue meditating.
  - Every time that the mudra is used in the sequence, it is a good time to return to your intention.
- If in an asymmetrical pose, switch the cross of the feet
- **Cat/Cow**
  - Place two blocks in front of knees
  - Place a hand on each block
  - Dynamic for ten breaths
- **Side Stretch**
  - Walk blocks to the right
  - Hold for five breaths



- **Twist**
  - Lift left hand to sky
  - Mudra in left hand
  - Hold for five breaths
- **Repeat on other side**
- **Balāsana** with mudra in both hands
  - Hold for ten breaths
  - This asana is always available to you if you need a rest.
- **Adho Mukha Svanāsana**
  - Hold for ten breaths
  - Do what feels good, such as walk the dog, or sway side to side to start to bring movement into the body
- **Uttanāsana**
- **Tadāsana** with mudra in both hands
- **Surya Namaskara C Modified** – two rounds
  - Inhale - **Urdhva Hastāsana** with mudra in both hands
    - May have slight back bend if it feels good in your body
  - Exhale – **Uttanāsana**
  - Inhale – Step right foot back into low lunge
  - Exhale – Lower hips into lunge
  - Inhale – Rise to **Anjaneyāsana** with mudra in both hands
  - Exhale – **Adho Mukha Svanāsana**
  - Inhale – Plank
  - Exhale – **Chaturanga**
  - Inhale – **Urdhva Mukha Svanāsana**
  - Exhale – **Adho Mukha Svanāsana**
  - Inhale – Step right foot forward into low lunge
  - Exhale – Lower hips into lunge
  - Inhale – Rise to **Anjaneyāsana** with mudra in both hands
  - Exhale – **Uttanāsana**
  - Inhale – **Urdhva Hastāsana** with mudra in both hands
    - May have slight back bend if it feels good in your body
  - Exhale – **Tadāsana** with mudra in both hands
  - Repeat on left side
- **Virabhadrasana I**
  - Mudra in both hands
  - Hold five breaths
  - Dynamic
    - Inhale – Cactus arms and add a little back bend
    - Exhale – Return
    - Dynamic for five breaths
- **Tadāsana** with mudra in both hands
- **Uttanāsana**



- **Adho Mukha Svanasana**
- **Anjaneyasana**
  - Left foot forward
  - Mudra in both hands
  - Hold for five breaths
- **Parivrtta Anjaneyasana**
  - Hold for five breaths
- **Anjaneyasana** with mudra in both hands
- **Adho Mukha Svanasana**
- **Anjaneyasana**
  - Right foot forward
  - Mudra in both hands
  - Hold for five breaths
- **Parivrtta Anjaneyasana**
  - Hold for five breaths
- **Anjaneyasana** with mudra in both hands
- **Adho Mukha Svanasana**
- **Uttanasana**
- **Tadasana**
- **Natarjasana**
  - Hold for five breaths
  - With mudra in hand
  - Repeat
- **Tadasana** with mudra in both hands
- **Virabhadrasana 2**
  - Right side
  - Mudra in both hands
  - Hold for five breaths
- **Reverse Virabhadrasana 2**
  - Right side
  - Mudra in both hands
  - Hold for five breaths
- **Virabhadrasana 2**
  - Left side
  - Mudra in both hands
  - Hold for five breaths
- **Reverse Virabhadrasana 2**
  - Left side
  - Mudra in both hands
  - Hold for five breaths
- **Tadasana** with mudra in both hands
- **Adho Mukha Svanasana**
- **Chaturanga Dandasana**



- **Low Bhujangasana**
- **Salabhasana**
  - Mudra in both hands
  - Hold for five breaths
  - Repeat
- **Dhanurasana**
  - Hold for five breaths
  - Repeat
- **Dhanurasana**
  - Roll side to side
- **Adho Mukha Svanasana**
- **Ustrasana**
  - Hold for five breaths
  - Repeat
- **Adho Mukha Svanasana**
- **Uttanasana**
- **Tadasana** with mudra in both hands
- **Trikonasana**
  - Right side
  - Mudra in left hand
  - Hold for five breaths
- **Ardha Chandrasana 2**
  - Right side
  - Mudra in left hand
  - Hold for five breaths
- **Ardha Candra Chapasana**
  - Right side
  - Hold for five breaths
- **Tadasana** with mudra in both hands
- **Trikonasana**
  - Left side
  - Mudra in right hand
  - Hold for five breaths
- **Ardha Chandrasana 2**
  - Left side
  - Mudra in right hand
  - Hold for five breaths
- **Ardha Candra Chapasana**
  - Left side
  - Hold for five breaths
- **Tadasana** with mudra in both hands
- **Uttanasana**
- **Adho Mukha Svanasana**



- **Supta Padangusthasana I**
  - Right leg
  - Hold for five breaths
- **Supta Padangusthasana 3**
  - Right leg
  - Hold for five breaths
- **Supta Padangusthasana I**
  - Left leg
  - Hold for five breaths
- **Supta Padangusthasana 3**
  - Left leg
  - Hold for five breaths
- **Knees to chest**
  - Roll side to side if appropriate
- **Savasana**
  - If it feels appropriate have mudra in both hands

### **About the Sequence**

This sequence includes many heart opening postures, which help to lighten the spirit and increase happiness. These also help to decrease depression, which is the burdening of the heart. These asanas should assist the mudra to balance the heart and increase the feeling of love.

From my personal perspective, I practiced this sequence several times and found that initially getting my hands into the mudra during the practice was difficult, but it got progressively easier. The sequence left me feeling energized and light hearted.



## **Conclusion**

Mudras are very powerful, either practiced on their own or with an asana practice. I practiced several mudras during meditation and could feel their energetic, emotional, and physical effects. Each of the sequences were designed to give the same effect of the mudra. When the mudras were used in conjunction with an asana practice, the intended effects were intensified.

Mudras are very complex. They have a deep history, and the different mudras are endless. If you don't find one that you are specifically looking for, use the different theories and create a new one.

I really enjoyed starting to explore mudras, but this is just the beginning of my journey and by no means the end of my study.



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