

Mudras Homework Handout



Sharira (lobes of lungs) Mudras

1. kanishta sharira mudra

thumbs back below fixed ribs, elbows forward, palms flat 3 mins-
brings breath into lower lobes of lungs and lower abdomen and back

2. madhyama sharira mudra

thumbs into hollow under each armpit, elbows up, fingers point together, hands flat
brings the breath into mid lobes and mid chest and back

3. jyestha sharira mudra

hands to shoulder blade, arms at side of head, elbows behind ears
brings breath into upper lobes of lungs, upper chest and back

4. deerghaswasa sharira mudra

thumbs and middle fingers together- others fold- take thumbs gently to sternum and fingers to notch at base of throat
brings the breath into all lobes of lungs and into upper, middle and lower front and back.

Prana Nadi Mudras

1. kanishta prana nadi mudra

index finger and thumb together to make circle, fingers down

lower abdomen and lower body

2. madhyama prana nadi mudra

tips of thumbs and forefingers together, put other three fingers into centre of palm, place hands palms down on thighs

mid chest and back and mid lobes

3. jyestha prana nadi mudra

thumbs into palms and wrap fingers around steadily, put palms down on thighs

upper chest and back and lobes

4. poorna prana nadi mudra

thumbs in palms and fingers round thumbs, turn fist so base of thumb knuckles are forward and backs of hands press together towards the floor.

entire torso and lobes

Prana Kriya Mudras

1. sraddha prana kriya mudra

tip of thumb and forefinger meet, palms up, long fingers

2. medha prana kriya mudra

tip of forefinger touches middle joint of thumbs at first crease, palms up, long fingers

3 .prajna prana kriya mudra

tip of forefinger touches first joint at base of thumbs, keep thumbs and fingers fully extended, palms up

Merudanda Mudras

1. adho merudanda mudra

curl fingertips into palms, extend thumbs out straight, fists down to thigh

low spine etc

2. merudanda mudra

outer edge of palms and little fingers rest on thighs- thumbs stay straight up and extended
mid spine etc

3. urdhva merudanda mudra

backs of hands rest on thighs, thumbs face outwards and point away from each other
upper spine etc

Other Mudras

jnana mudra (see *Yoga* by Mary Stewart)

index finger to thumb together, palms up- *calm*

gyana mudra (see *Asana, Pranayama, Mudra, Bandha*)

index finger to root of thumb, palms down- *knowledge*

chin mudra (see *Asana, Pranayama, Mudra, Bandha*)

as above but palms up- *consciousness*

sanmukhi mudra (see *Yoga* by Mary Stewart)

fingers to face

asvini mudra (see *Yoga* by Mary Stewart)

anal sphincter

dhyana mudra

one hand rests on other, thumbs touch (see *The Heart of Yoga* by TKV Desikachar)

bhairava mudra (see *Asana, Pranayama, Mudra, Bandha*)

right hand rests on left

yoni mudra (see *Asana, Pranayama, Mudra, Bandha*)

thumbs together and index fingers meet, make heart shape – *womb – energy - redirection*

khechari mudra (see *Yoga* by Mary Stewart)

tongue rolled back

hridaya mudra (see *Asana, Pranayama, Mudra, Bandha*)

index finger to base of thumb- middle and fourth finger together to tip of thumb, little finger away, palms up

mana= head,

kaye= postural ,

adhara= perineal,

hasta = hand