

Teaching Homework 8

Mudras



Explain what you understand a 'mudra' to be, and write a short description of five examples that you have practiced yourself. Explain how and why you would use these mudras in your practice and teaching.

NB Gertrud Hirschi's *Mudras* book, as well as the article by Fernando Pages Ruiz (available on the LYTTG website), are useful resources for this homework