

Mudras:

Jnana mudra - gesture of consciousness

- fingers together, palms up - Knowledge (passive receiving) (palms up)
- tip of index finger to first joint of thumb (more grounding)

Chin mudra - palms down (more grounding)

Dhyani mudra - gesture of meditation

- left hand lies in right hand, thumbs touch
- Shanmukhi - hands over eyes

Hridaya mudra - Compassionate heart gesture

- index finger curled to base of thumb, ring + middle finger touch thumb little finger kept away

Kshepara mudra - gesture of pairing at

- Tree pose + letting go
- sitting pointing down - grounding