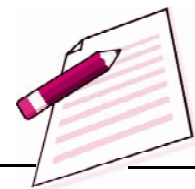


Practical 31

Hasta Mudra



Note

Hasta mudra is conducive for meditation, and helps in internalization.

Aim

To perform the Hasta Mudra.

After completion of this practical you will be able to perform and demonstrate this practice appropriate manner.

Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, belt, watches etc. before practice.

Method

Sit in any comfortable meditative asana with head neck and spine in a straight line.

1. **Gyan Mudra:** This mudra is performed by touching index fingertip to tip of thumb, while holding other three fingers straight.



Gyan Mudra

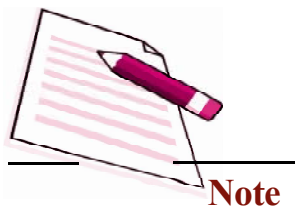
Benefits: It improves memory, relieves tension, worries, frustration and calms down mind. Gyan mudra improves concentration, therefore it is practiced by students and intellectuals to gain knowledge.

2. **Vayu Mudra:** This mudra is practiced by applying the index finger to the base of the thumb and pressing it with the thumb.



Vayu Mudra





3. **Surya Mudra:** This mudra is performed by bending ring finger to base of thumb and pressing it with the thumb.

Benefits: It reduces obesity and heaviness in the body.

4. **Linga Mudra:** Interlace the fingers of both hands and keep the left thumb vertically upwards.

Benefits: It reduces cold and helps in weight loss.

5. **Prithvi Mudra:** Press the tips of ring finger and thumb keeping other fingers straight.

Benefits: It is beneficial for a skinny person and for lack of lustre and glow. There is change in narrow mindedness.

6. **Prana Mudra:** Touch tips of ring finger and little finger to the tip of thumb while keeping the other two fingers straight.

Benefits: The body becomes so strong on physical and mental level that no disease can attack the body. Improved blood circulation removes blockage of blood vessels. Give energy, hope and enthusiasm to body and mind.

9. **Hridaya Mudra:** Bend the index finger and place it at base of the Thumb and then touch the tip of thumb to the tips of middle and ring finger.

Benefits: It works like an injection in checking heart attack. It can cure heart disease with continuous practice.

10. **Varun Mudra:** This mudra is performed by touching the tip of little finger to tip of thumb.

Benefits: It is beneficial in all diseases caused by deficiency of water element in the body. It removes skin and blood disorders.



Surya Mudra

Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Introvert feeling								
Extrovert feeling								
Mental stress relaxation								

- ✓ or × under physical effect and submit the record.



Observation

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Remarks

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(Signature of the Instructor)



Note

