

Mystical Mudras

Mudras (MOO-DRAS) are simply yoga for your hands! These are hand gestures made with your hands and fingers that originated in Indian society thousands of years ago. Each finger is thought to reflect one of the five elements, water, wind, earth, sky, and fire. The movements are used to help relax the mind and bring feelings of kindness, love, compassion and understanding to you and the world around you.

Mudras also create a brain and body connection and can also activate the mind and energize you. Combined with deep breaths, mantras, and mudras can help affect how you are feeling. Mantras are affirmations and positive self-talk like I am happy, I am at peace, I am calm, and I let it go. You can do mantras, breathing and mudras anywhere and at any time.

Finger Yoga You Can Count On



Namaste:

Bring your hands together at midline over your heart. This mudra can help you with focus and balance.



Heart Mudra:

Bring your hands to the heart and create a heart shape with your hands.



Peace Fingers:

Bring the Tips of the ring finger and little finger together. Take a deep breath and say peace.



Lotus Mudra:

Press the pinky and the thumb together and float the middle finger and ring finger outwards to make the petals of the lotus flower.

Give yourself a hand at learning something new!