

LESSON - 8

MUDRAS

The following skills will be learnt in this lesson:

- Introduction of Mudras
- Need.
- Types of Mudras - Chin Mudra, Chinmaya Mudra, Adi Mudra and Brahma Mudra.

Introduction:- Several mudras are to be used to perform Pranayama. The following mudras are used most and they are :- Chinmudra, Chinmaya mudra, Bhrahma mudra, Aadi mudra.

Neccesity of mudras:- Mental concentration on body posture will improve by these mudras. So mudras are very essential to do pranayama.

1. Chinmudra:- The tips of thumb and pointing fingers of (both hands) are joined togher and the rest three fingers are held together and straight.



fig. 8.1

2. Chinmaya mudra:- The tips of thumb and pointing fingers of both hands are joined together as in Chinmdra. The three fingers are pressed agianst the palm.

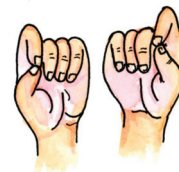


fig. 8.2

3. Aadi mudra:- Press the thumbs against the palm and fold rest of all the fingers on the thumb.



fig. 8.3

4. Brahma Mudra:- Hold the hands as aadi mudra palms facing upward, press the knuckles of both hands against each other.



fig. 8.4

Activities : Teacher ask the students to practise daily and adopt the above mudras.

**Adopt
in your life Hitabuk,
Mitabuk and Rutubuk.
meaning - eat good and limited
food as per season then only
you can protect your
health**

