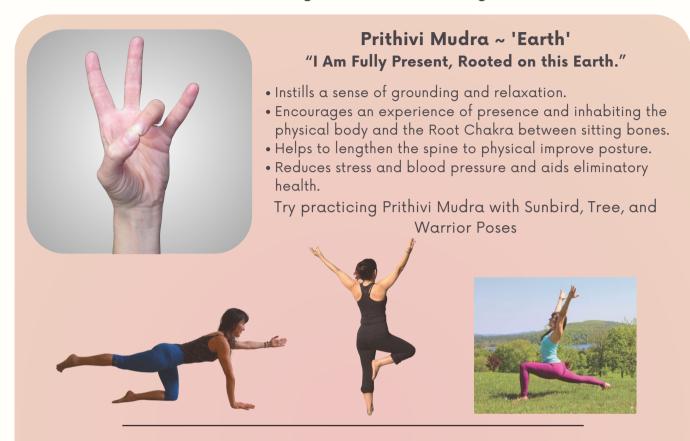
Earth Element & Root Chakra

Grounding - Stable - Calming



Murti Mudra ~ 'Body, Form' "Inner Steadiness and Strength Calm Me"

- Enhances awareness of physical body which aids the health of the Root Chakra and musculo-skeletal system.
- Cultivates steadiness, strength and deep calm.
- Great for anxiety, allows feelings of comfort and equanimity.
- Brings you into the present moment and aids meditation.

Practice with Squat, Goddess & Mountain Poses





