

## THE IMMUNE BOOST Five Element Yoga®

# Mudras



MUDRAS are 'seals' that can open us to new ways of seeing things, powerfully moving us beyond the level of the thinking mind. Energetically, when we hold a Mudra, it re-circuits energy pathways called *Nadis* or *Meridians* that are found throughout the body - the hands contain a particularly large number of these channels. Thus when holding a mudra it will create shifts in the breath, body, energy and thought patterns, allowing us to see and feel fresh ways of being.

HOW TO: Hold a Mudra for 5-10 natural breaths. Repeat intention statement aloud, and then silently. Practice these Mudras as a flow or individually, in seated meditation, with yoga postures, or anytime you wish. Feel free to change the intention statements or come up with your own.



### Padma ~ Lotus Flower Gesture

**"My Lungs & Heart Bloom Joyously with Life's Breath."**

Opens and reveals our wholeness body, mind and spirit. Brings heart energy upward into higher chakras. Good for depression. Heals the heart and all its emotional wounds. Supports the health of cardio-respiratory and immune systems.



### Prana Mudra ~ Upward Energy

**"Like a Fountain, My Energy and Mood Uplift Me."**

Energizes vitality, optimism and enthusiasm as the energy currents flowing upward like a fountain strengthen with this mudra. Restores and activates breathing capacity. Supports the health of cardio-respiratory and immune systems.



### Chatarmukham ~ Four Faces

**"My Immune System Protects Me With Strength And Balance."**

Balances all vayu energy currents in the body and being enhancing vitality within all organs and body systems. Helps to lengthen the breath. Allow the release of stress, tension and tightness, especially in the front torso and chest. Instills optimism, emotional equanimity and feelings of contentment and ease.

\*Hold hands in front of



### Medha Prana Kriya

~Mind Vital Energy

**"My Immune System is a Potent Field."**

Vitalizes respiratory and cardiovascular systems by expanding breath in ribcage. Increases immune system health by massaging thymus gland. Opens the power of the inner witness residing in the heart center, allowing you to observe with loving-kindness. Opens and balances the heart chakra.