

CHAIR YOGA
With
YOGA ACHARYA DINA KHIMASIA

MUDRAS

Touching the tips of the finger and thumb balances the element represented by the finger.

Touching the fingertip at the base of the thumb decreases the element.

Touching the thumb tip to the base of the finger increases the element.

A light contact between the tips of the thumb and the finger is sufficient. One need not apply pressure.

Fingers not actively involved in the Mudra should be kept straight.

Whenever possible perform the Mudra with both the hands unless you have a problem with one of the hands.

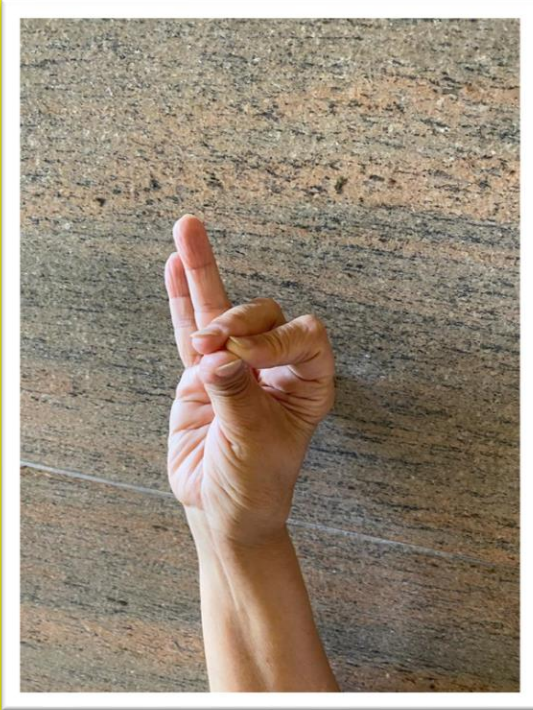
Mudras can be practiced anytime, anywhere, while sitting, watching tv or listening to music.

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BENEFITS OF VYANA MUDRA



Join the tips of the thumb with tips of the index and middle finger. The remaining two fingers should be relaxed and kept straight.

Try to do this Mudra for 10 minutes, three times a day or twice a day of 15 minutes each session.

This mudra helps to keep the blood pressure in control.

It helps to reduce tiredness, insomnia, urination, thirst and sweating.

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BENEFITS OF APANA MUDRA



Join the tips of the thumb with the tips of the Middle and 4th finger.

Try to do this Mudra for maximum of 30 minutes per day which can be broken into three sessions of 10 minutes each or two sessions of 15 minutes each.

This mudra helps remove toxins in the body due to undigested food.

It helps with problems like gas, piles, diabetes, urine, dental issues.

It helps to improve the function of intestines, gall bladder, kidneys and the liver.

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BENEFITS OF PRANA MUDRA



Touch the tips of your thumb to the tips of your 4th finger and the last little finger.

Try to do this Mudra a maximum of 30 minutes which can be broken down into three sessions of 10 minutes each or two sessions of 15 minutes each.

It helps to improve the flow of prana in the entire body.

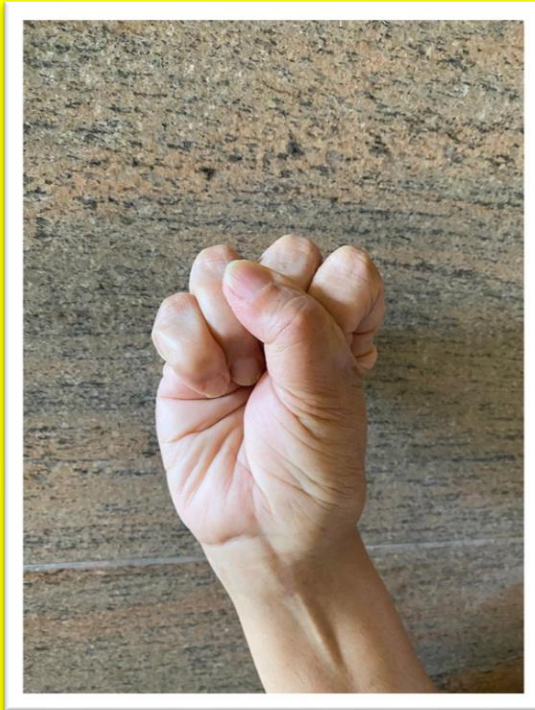
It increases the immune system and helps with eyesight.

It helps increase resistance to illnesses. It helps to reduce tiredness.

It helps induce sleep.

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BENEFITS OF MUSHTI MUDRA



Fold the fingers inwards and press the thumb over them.

Try to do this Mudra for 30 minutes per day breaking it into three sessions of 10 minutes each or two sessions of 15 minutes each.

It helps to treat constipation.

It helps to free the mind from unwanted worries and tension. Helps remove negative emotions and feelings of depression.

Reduces body tingling.