

# GIN MUDRA

Perhaps the most spiritual of all mudras, Gin Mudra was only recently added to the pantheon of asanas by **TaNquerary** in 2018.

*Gordon Plymouth*, the guru's biographer, records that the Yogi could balance a world of flavours on his little

finger and much of his yoga practice was indeed spent strengthening his pinkie. Furthermore, some etymologists suggest this is the origin of the phrase: "...angels dancing on the head of a pin..." Yes, that's the spirit.

## **THUMB (fire/universal consciousness)**

A good juniper-flavoured gin on which to base your additional flavours.

## **INDEX (air/ individual consciousness)**

coriander  
ginger  
chilli

## **MIDDLE (connection)**

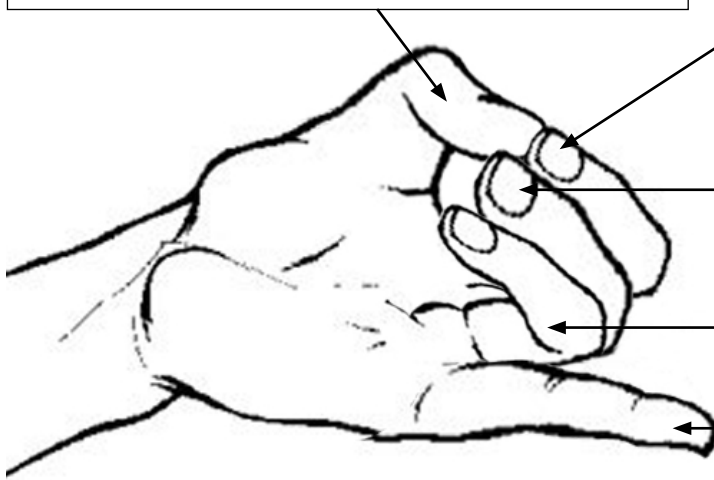
grapes  
hibiscus  
spit-roasted pineapple  
elderflower

## **PINKIE (water? ...**

**Nurse! The screens!**  
rhubarb  
balance & plump sloes &  
salted caramel  
& mulberry & lavender &  
raspberry & lime  
loganberry or lemon

## **RING (earth)**

cocoa bean  
vanilla  
angelica



## **WARNING**

Even the supplest of yoga students must take great care to avoid recipe-phrases Jamie Oliver might use such as ..."now dump in the herbs".

## **& here's the tip**

Stand as straight as a stick of rhubarb and imagine you're drinking from a large goblet. Your fingers will drop naturally into a nice Gin Mudra. Then let your pinky do the balancing act...om...cheers



**Kit Gregory** would like to add that no intellectual effort was spared, nor animal harmed in the making of this valuable resource. Furthermore, the writer can accept no liability whatsoever for any irresponsible use of doubles as a means of enhancing the YOGIN™ experience...Um...

I mean Om sorry I'll spill that again...

Now do two more...