

Hasta Mudras for Pranayama

Sit in a comfortable position. Keep shoulders and arms light, without strain.

Duration – at least 2 mins in each mudra. But if there are any uncomfortable effects stop sooner.



CHIN MUDRA

Thumb and index finger together.

Influences diaphragmatic breath



CHIN MAYA MUDRA

As above but bring the other three fingers into the palm.

Influences intercostal breath.



ADHI MUDRA

Thumb into the palm and the other fingers wrapped over it.

Influences clavicular breath.



BRAHMA MUDRA

Keep fingers in Adhi Mudra but turn the wrists to bring the knuckles together and place just below the bottom of the rib cage.

Influences full yogic breath.

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