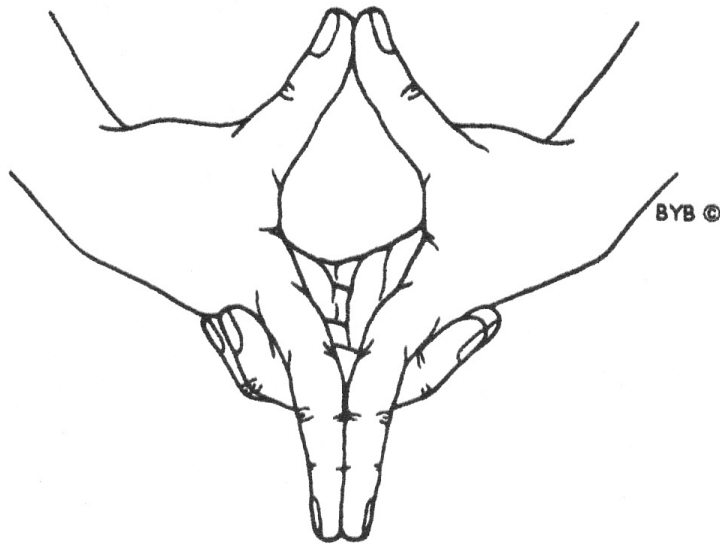


# YONI MUDRA



## Directions

- This practice is generally done sitting but can be done lying down.
- Bring the palms together with the fingers and thumbs straight.
- Keeping the pads of the index fingers together, interlock the middle, ring and little fingers.
- Draw the thumbs back towards the navel, keeping the pads of the thumbs together.
- Rest the hands on your lap.

Close the eyes and take time for the mudra to have its effect. Mudras are subtle but powerful techniques. The more you use them the more effective they become and the faster they will work.

## Benefits

- Physical relaxation.
- Promotes calm and mental stability, as well as greater concentration and awareness.
- Balances the activities of the left and right hemispheres of the brain.
- Intensifies the flow of prana.

Yoni Mudra is a quick and easy way to calm and quieten the mind, to bring relaxation to the body and to restore equanimity.

Just a couple of minutes sitting with Yoni Mudra is enough to have an effect.