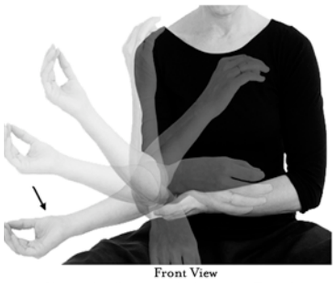
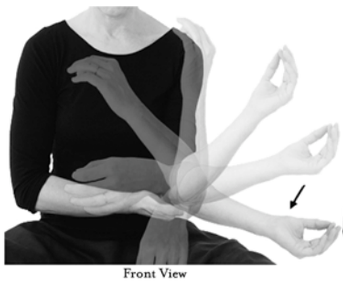


Front View

27. Place right elbow into the left palm. Turn the arm in a clockwise direction five times. Then turn in a counterclockwise direction five times. When you have completed the fifth turn, lean the arm out to the side and down (shown with arrow). Holding for a few secs.



Front View

28. Place left elbow into the right palm. Turn the arm in a counterclockwise direction five times.Then turn in a clockwise direction five times. When you have completed the fifth turn, lean the arm out to the side and down (shown with arrow). Holding for a few sec.

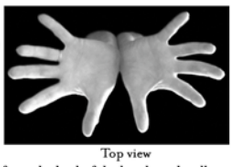
Front View

29. Atmanjali (Gesture Of Prayer) Place both hands together in front of your heart chakra. Leaning the outer edges of the hands and the fingertips into each other. There is a hollow space between the two hands.

Front View Top View

30. Lean the outer edges of the hands into each other as you roll and invert the hands, so the back of the hands and fingers are leaning into each other.Lean the middle fingertips into the sternum. Head bows downward. Experiencing an opening from the elbows through the arms and right through to the spine.

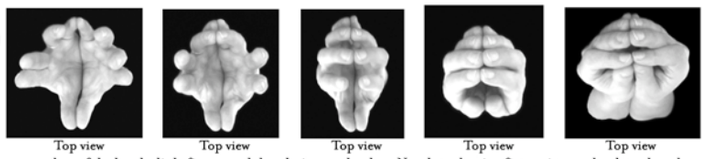
Front view



Top view

31. Pankajam (lotus) Lean from the heel of the hands to the elbows into each other. Fingers are spread wide and slightly curved, making an open lotus shape. fingers pointing upwards.

Front View



Top view Top view Top view Top view Top view

32. Closed Lotus : Lean the outer edges of the hands, little fingers and thumbs into each other. Next lean the ring fingers into each other, then the middle fingers, then the index finger (creating a bud). Then lean the tips of the index finger into the tips of the thumbs, like in chin mudra.

Top view

33. Then lower the forearms and hands down so that they are in line with the elbows.

Front view Top view

34. Chin Mudra (Gesture Of Knowledge): Keep the thumbs and the index fingers leaning into each other. Then spread the middle fingers, ring fingers, and little fingers apart. Keep these three fingers slightly curved and leaning into each other.

Front view Front view

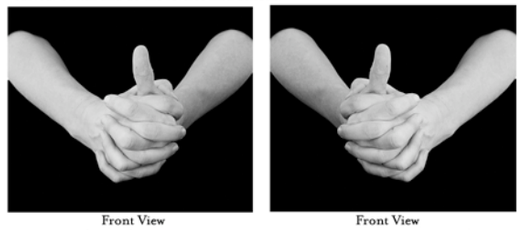
35. Keep the hands in chin mudra position. Lean the three fingers of the right hands, which are pointing downward, into the palm of the left hand, and lean the three fingers of the left hand, which are pointing upwards, into the palm of the right hand. These fingers are slightly curved. Switch and do the reverse instructions.

Top View

Front View

Top View

36.Surabhi (Cow): Palms are same height as elbows. Interlace the hands, with right inderx finger on top. Spread index fingers apart and join left index finger to right middle finger, and right index finger to left middle finger. Spread little fingers apart and join left little finger to right ring finger, and right little finger to left ring finger. Thumbs lean into each other. Follow the reverse instructions for the second side. Start with the interlacing of the hands, with the left index finger on top.



Front View Front View

37. Lingam (Phallus): Interlace the hands with the right index finger on top. The right thumb and right index finger touch, allow this ring created with the thumb and index finger, to lean into the base of the left thumb. The left thumb has a slight bow. The left thumb points straight upwards. Follow the reverse instructions for the second side.

Front View

Top view

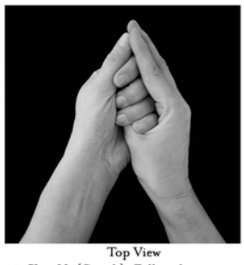
38. Wrap the little finger, middle finger and index finger of the left hand around the right thumb. Open the tigers mouth, which is the space between the thumb and the index finger, of both hands. Lean the two hands away from each other. Let the straightened fingers of both hands, have a slight curve. Then wrap the last finger of the left hand around the thumb. Bring the fingers of the right hand to lean into each other and move into the next mudra.

Top View

39. Shankh (Conch): With the four finger of the right hand wrapped around the left thumb. Place the right fingers on top of the curled fingers of the left hand. Lean the tip of the left thumb into the tips of the index, middle, and ring finger of right hand.

Front View

40. Follow the reverse instructions for number 38.



Top View

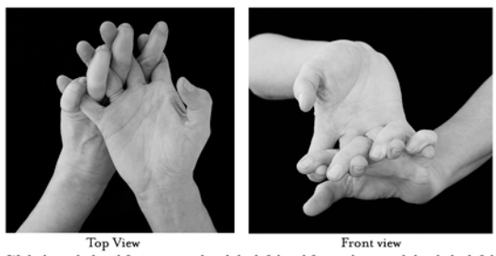
41. Shankh (Conch): Follow the reverse instructions for number 39.

Top View

Top View

Front View

42. Yoni (Female Sex Organ): Interlace fingers and then spread palms apart only till thumb and index fingers are no longer crossed. Take both index fingers behind the middle fingers to catch the tips of the ring fingers. Then bring the index fingers and thumbs together continuing to hold the tips of the ring fingers with the index fingers. Thumbs and index fingers are straight.



Top View Front view

43. With the right hand facing upward and the left hand facing downward, hook the left little finger over the right little finger, left ring finger over right ring finger,left middle finger over right middle finger,left index finger over right index finger.Then lean back of hands towards each other.

Front View

44. Nirvanam (Liberation): Continued from number 43. Take elbows out sideways. Turn knuckles towards the body and upwards.

Front view

45. Then release hands,keeping arms crossed at wrists. Place fingers in jauna mudra, then sweep the hands to make two circles from the back to the front and as they come to

Top View

46. With the left hand facing upward and the right hand facing downward, continue to follow the reverse

Front View

47. Nirvanam (Liberation): Follow the same instructions as number 44.

Front view

48. Follow the same instructions as number 45.