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Mudras Yogas

In Your Hands

Gertrud Hirschi

Gertrud Hirschi

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## Mudras Yogas In Your Hands

Yoga Mudra is part of  
an ancient practice of

Tantra ... Pran Mudra  
with the palms facing

the sky. While sitting

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bring your hands on the knees, open your palm facing upward. Prana Mudra is ...

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Yoga mudras to increase oxygen levels

Apart from some yoga asanas, here are a few mudras that make up the yoga for ... Make sure you sit on a mat, not on the floor. Place

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your hand on your  
thighs or knees, and let  
them rest.

---

Practise these 5 yoga  
mudras regularly to  
keep your heart health  
in check

“ There ’ s no harm if  
you fall asleep while  
holding the mudra, ”  
he says. “ You can put  
your hands on your

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chest, navel, or simply  
down besides your hips  
[while you practice]. ”

Yoga ...

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## Mudras for Sleep: Can This Ancient Yogic Practice Help You Sleep More Soundly?

There is no denying that  
regular physical activity,  
especially in the form of  
yoga, not only helps

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keep one active but also manage lifestyle-related issues like obesity and excessive stress. But if ...

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Count on this easy yoga mudra to unwind, treat insomnia

You can perform your Mudra for three minutes three ... can easily be cured by this subtle sleight of hand.



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-Angelina Calafiore is a local yoga teacher. She can be reached at 530-559-1839.

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## Tattva Yoga-It ' s All In Your Hands

The practice of yoga mudras can offer some help ... Try it: Sitting comfortably with your spine lengthened and shoulders relaxed, bring

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“ Om ” mudra while  
resting on your knees.

Deepen ...

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Mudras help stimulate  
body and brain  
pathways

Many fitness enthusiasts,  
especially B-Town  
celebrities, who are  
hooked on yoga and  
often share snippets

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from their daily practise.  
And if there is one pose  
they love doing, then it  
perhaps is the ...

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Fitness diary: Celebrities  
love the lotus pose;  
here ' s proof  
Yoga is one of those  
workouts you either love  
or hate. If you fall in the  
latter camp, let us pose a  
question: Have you tried

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Vinyasa yoga? While Bikram and Ashtanga are typically more intense ...

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If You Haven't Fallen In Love With Yoga Yet, You \*Need\* To Try Vinyasa Using mudras and restorative yoga poses, Tracey will guide you toward a state of

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profound rest. Mudras  
are sacred shapes made  
with the hands that  
cultivate particular  
energetic states. We'll ...

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Deep Relaxation:  
Mudras, Restorative  
Yoga & Singing Bowl  
Sound Healing With  
Tracey Lanham  
Raveena added, “ Yoga  
is all about creating a

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balance in your life. It is about balancing ...  
blood circulation  
become normal, this  
mudra is simply a hand  
gesture that embodies  
the mind to ...

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Raveena Tandon  
suggests ‘ balancing  
senses ’ with Yoga ’ s  
Siddhasana, dhyana  
mudra

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Bring your hands to the chest in Anjali Mudra, keeping the breastbone lifted and the neck ...

For a variation on this pose, watch Shakti Shilpa of The Yoga Space. Lie on your back. With an exhale, ...

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10 Go-To Glute  
Stretches to Round Out  
Your Practice

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Shoulders that can't move through a full range of motion may be caused by frozen shoulder syndrome. Here's how yoga can help you find relief.

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Stiff Shoulder? It Might be Frozen. These 8 Poses Can Start the Thaw

Yoga is one of those



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workouts you either ...

Beginner modification:

Place your hands in

Anjali mudra (aka  
prayer hands) at the

heart center. How to:

Stand tall with your feet  
at a hip-width ...

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What To Know About  
Vinyasa Yoga - The  
Ultimate Beginner's  
Guide

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Sit on the floor or on a Yoga mat with legs stretched out and spine erect ... Repeat the same step with the other leg and place your hands on the knees in mudra position. Keeping the head straight and ...

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Yami Gautam is ' at peace ' with Yoga ' s Padmasana and that's

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our Monday motivation

Yoga is one of the most effective ways ... Hold

the pose for 20 seconds

and continue inhaling

and exhaling. Turn your

hands downward with

the same mudra and

again inhale and exhale.

---

5 Pre-natal yoga asanas  
that pregnant women  
can do

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Breathe in through the nose with hands placed ... Acupressure and Mudra Yoga. This is complementary and will not override the treatment given by doctor. Please share your problems by writing ...

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Simply Su-Jok: Calm your cough and breathe

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easy  
International Yoga Day  
is observed on 21 June

This day tries to create  
awareness about the  
importance of yoga

Starting your day with  
yoga ... blood  
circulation. The mudra  
asana is the perfect ...

---

International Yoga Day  
2021: 5 Morning Yoga

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In a first-of-its-kind gathering since the start of the pandemic, the Indian Embassy in the UAE hosted International Day of Yoga celebrations in Abu Dhabi over the weekend, holding various sessions ...

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