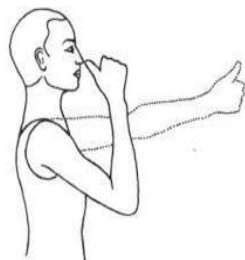


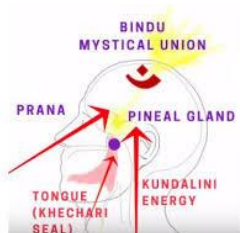
Shambhavi Mudra
(eyebrow centre gazing)

Notes:



Nasikagra Drishti
(Nose Tip Gazing)

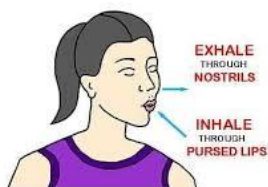
Notes:



Khechari mudra
(Tongue lock)

Notes:

KAKI MUDRA
THE CROW'S BEAK GESTURE



Kaki Mudra (the crows beak)

Notes:



Bhujangini Mudra
(Cobra Respiration)

Notes:



Bhoochari Mudra
(Gazing into nothingness)

Notes:



Akashi Mudra
(Awareness of inner space)

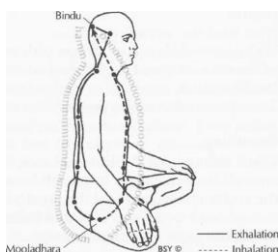
Notes:

SHANMUKHI MUDRA



Shanmuhi Mudra
(closing the seven gates)

Notes:



Unmani Mudra
(attitude of mindlessness)

Notes:

These practices are physical postures combined with breathing and concentration.

- Physical associated with more Asana.
- Vipareeta (inverted psychic attitude)
- Pashinee Mudra (Folded psychic attitude)
- Tadagi Mudra (barrelled abdomen technique)

Bandha (Lock Mudras)

These practices combine mudra and bandha (lock). They charge the system with Prana and prepare it for kundalini awakening.



Maha Mudra
Great psychic attitude



Maha bheda Mudra
The Great separating attitude



Maha vedha mudra