

Hasta Mudra

hand gesture circuit

①



jñāna "wisdom"
(thumb + index)
palms up

②



ushas "down"
(lace fingers,
pull apart a bit)

clearing
Mar Jean
www.sparrowsyoga.com

③



jñāna

④



(lace fingers,
thumbs straight back)

⑤



jñāna

⑥



Ksepana "pouring out
letting go"
(clasp hands
index fingers
straight)
up }

⑦



jñāna

⑧



pointy fingers
wide out

⑨



chin "consciousness"

(thumb + index)
palms down

some suggestions:

bhastrikā

Kapālabhāti

ashwini mudra

Khechari mudra

bhrūmadhya dr̥ṣṭi (shambhavi mudra)

jālandhārā bandha

uddiyāna bandha

mūlādhārā bandha

timing/counting