

Postures of Power & Healing

Discover and Activate the Hidden Wisdom Stored in Your Body



Reclaim your emotional & psychological balance

Practice balance poses (challenge your balance) in order to create balance in your mind and emotions.

The positive effects of this practice are: toned abdominals, increased coordination, and healing of psychological conditions over time.

It also activates the Root Chakra, and a strong Root Chakra strengthens our connection to the Earth.

Balance the body =
balance the mind

- Use caution
- Set the intention
- Repetition is key



Apan Mudra

Connect your middle and ring finger pads to the pad of your thumb (both hands). Apan Mudra (energy mudra) has a balancing effect on the mind because it supports the liver (largely dependent on a well-functioning liver). It gives peace, serenity, confidence, inner balance, and harmony.

When needed, hold this mudra for 5 to 45 minutes.

APAN



"Heel lifts"



Expand your root to attract more money

Face North, lift and drop both heels for at least 200 times to significantly expand your Root Chakra.

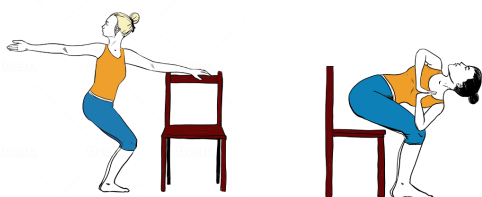
Prana Mudra

With each hand, place the tips of the thumb, ring finger, and little finger together. The other fingers remain extended. As needed, use for 5 to 30 minutes. This mudra activates the root chakra - this finger position stimulates the nourishing energy of the pelvic floor. As your root chakra expands - you become a more of a prosperity magnet. Also, this mudra increases vitality, fatigue, and nervousness.

PRANA



We need twists to decongest the solar plexus



Twists help clear the stress

Simply practicing twists will clear the accumulated stress and congestion in the front solar plexus area. You can use the suggested twists in the image, but any type of twist will do.

Matangi Mudra

Lets add a mudra that will enhance our results. This mudra promotes calm and eases tension. Bring palms together at solar plexus with fingers interlaced. Point both middle fingers up and place them together. Direct your breath to the solar plexus or belly area.

Practice as needed, or, as a course of treatment, practice for 4 minutes three times a day.

MATANGI



Inversions help us see from a different perspective



See things from another perspective

When your heart is higher than your head, more blood & oxygen is available to your brain. This helps us get out of a rut and access more solutions.

Kalesvara Mudra

Place the finger pads of your middle fingers together; touch the first two joints of the index fingers and touch your thumbs. Bend your other fingers inward. Point your thumbs toward your chest and spread your elbows to the side. Inhale and exhale slowly 10 times. Observe your thoughts and lengthen the pause after inhalation and after exhalation a little more.



Open your heart chakra

We need to practice postures that will counteract the slouching and help bring us back into balance. Here is a gentle heart opener that you can try right now. Gently lift the chest - position the chest right over the pelvic floor. Press the back of your head into your hands. Inhale.

Lotus Mudra

Start in prayer pose (in front of heart center) and slowly open up like a Lotus flower blossoming. Hold for 4 deep breaths. After - close both hands back into a bud, and let your hands hang down relaxed for awhile. Repeat a number of times. Do it when feeling drained, exploited, misunderstood, or lonely. Opens you up to the divine force so you can receive what you need.

