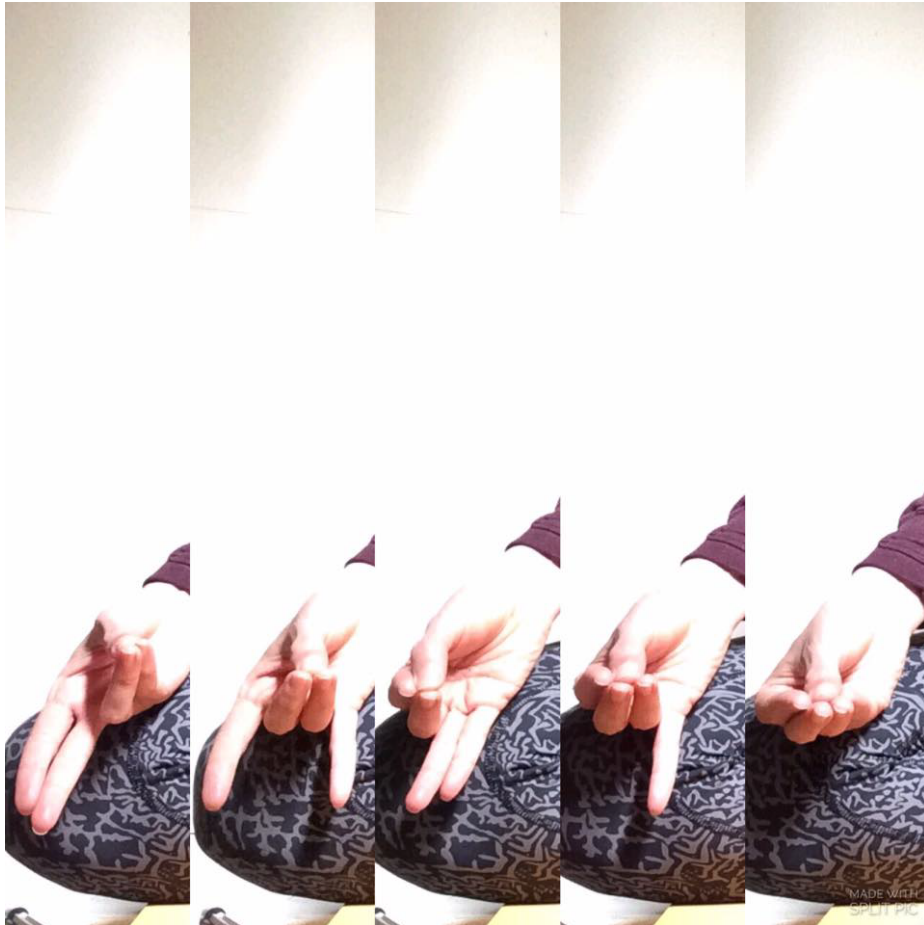


Pañca Prāṇa Upāsanā Mudrā

The mudrā of five vital currents



1 2 3 4 5

1. Prāṇa Mudrā

Gesture: unite tops of the thumb, ring finger and pinky.

Place your attention on the chest, throat, and diaphragm.

Movement: up and down.

Energetic benefits: Increases earth element in the body.

Mantra: Om prāṇāya Svāhā

2. Apāna Mudrā

Gesture: Unite tips of the middle finger, with the ring finger and the thumb.

Place your attention on the lower part of the abdomen, the pelvis and legs.

Movement: Goes down.

Energetic benefits: Increases ether and air, reducing fire (pitta).

Mantra: OM Apānāya Svāhā

3. Vyāna Mudrā

Gesture: Unite tips of the thumb, index finger, and middle finger.

Place your attention on your whole body but especially arms and legs.

Movement: From the center to the periphery.

Energetic benefits: Calms the mind.

Mantra: Om Vyānāya Svāhā

4. Udāna Mudrā

Gesture: Unite the tips of the ring, middle and index finger.

Place your attention at your throat and head.

Movement: Ascending from the throat to the head

Energetic benefits: Creates alertness and stability in the mind.

Increases energy flow.

Helps to create a soft and sweet voice.

Mantra: Om Udānaya Svāhā

5. Samāna Mudrā

Gesture: Unite tips of index, heart, ring and pinky with the thumb.

Place your attention on the belly button to the diaphragm or heart.

Movement is clock wise direction around abdomen.

Energetic benefits for improved digestion.

Mantra: OM Samānāya svāhā