

A photograph of a person's hand in a mudra gesture, with the thumb and index finger tips touching and the other three fingers extended. The hand is resting on a dark wood-grain floor. The person is wearing a brown sleeve. The background is a light-colored wall.

6 Easy steps to exploring mudras:

1. Sit comfortably in a regular yoga seated posture such as Sukhasana/ Siddhasana (cross-legged) or Vajrasana (kneeling) or seated on a chair if these positions are not comfortable for you.

2. Choose a simple mudra (some mudras can be more complex and may not be comfortable for your fingers if you are not used to holding them in a particular position for a period of time). I recommend chin (consciousness) or jnana (knowledge) mudra to start with – bringing the thumb tip and index finger tip together and relaxing the other 3 fingers with palms down or palms up respectively (although in some schools of yoga they are the other way around). Don't press the finger and thumb tips together too hard, just a light touch of contact is enough and will allow you to feel the mudra more sensitively.

3. Close your eyes and take some deep breaths to settle. Feel your seat, allow your breath to settle into an easy, natural flow and then turn your attention to the contact points between your fingers.

4. Allow yourself to feel this contact - the light pressure between the contact points, the heat exchange, perhaps a tingling or buzzing sensation may be tangible. You may notice other particular experiences arising naturally such as deeper breaths, visualisations, deeper meditative states, even possibly spontaneous bodily movements or experiences of energy movement within the body.

5. Allow yourself to complete your practice as you would with a meditation practice. Don't rush off and immediately start getting on with your day. Let yourself have a few minutes' transition time of peace and quiet so you feel settled.

6. Try not to get tempted to start doing different mudras every time you practice, stick with one or two for a while and see the effects and then once they become a familiar friend then maybe try out a few more. You may even experience spontaneous mudras in your meditation and yoga practice.

Enjoy your explorations!

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