



**TriYoga® Center of Philadelphia
at Mind-Body Services**

**301 West Chester Pike, Suite 102
Havertown, PA 19083
www.mindbodyservices.com
610-664-6446 x3**

**SANSKRIT TERMS PERTAINING TO MUDRĀS
BY CHRISTINE (CITRINĪ) WARE, Ph.D., E-RYT**

mudrā - meaning "sealing in the energy;" mudrās of hands (hasta), eyes, or body/posture assist in inner communication and focus energy.

Eye mudrās:

trāṭaka - a relaxed steady gaze at one point when the eyes are open

trāṭaka drsti - relaxed eye gaze

bhrūmadhya - "between the eyebrows;" with the eyes closed, the eyes focused at ajña cakra, the space between eyebrows

Hasta mudrā - hand mudrās:

jñāna mudrā; om mudrā - the first (thumb) and second fingertips touch. The remaining three released fingers symbolize sat cit ānanda; the two fingers in om represent union of atman and Brahman. This mudrā represents highest knowledge.

nivr̥tti jñāna mudrā - om mudrā facing up

prav̥tti jñāna mudrā - om mudrā facing down

añjali mudrā - salutation mudrā ; prayer mudrā

sampūrna mudrā - completion mudrā

prāna mudrā - energy mudrā; life energy mudrā

bhu mudrā - earth mudrā

cin mudrā (pronounced chin) - consciousness mudrā; like om mudrā only the joint from the 2nd knuckle to the fingertip is flat or slightly indented, rather than rounded

trikona mudrā - triangle mudrā

eka hasta pada mudrā - one hand to foot mudrā (as used in cradle posture)

pada pada mudrā - foot to foot mudrā (as in butterfly posture)

nāsāgra mudrā; sūrya candra nāsāgra mudrā - sun moon nose mudrā (used in sun moon breath)

visnu mudrā (pronounced vishnu) - sustaining mudrā (used in sun moon breath)

pranidhāna mudrā - surrender mudrā

triguna mudrā - trinity energies mudrā

padma mudrā - lotus mudrā

kāśi mudrā (pronounced kashi) - inner light mudrā

prāna apāna mudrā - mudrā for energy flowing in and energy flowing out

susumnā mudrā (pronounced sushumnā) - the spinal cord mudrā; the mudrā corresponding "susumnā," to the central nādī of the subtle body

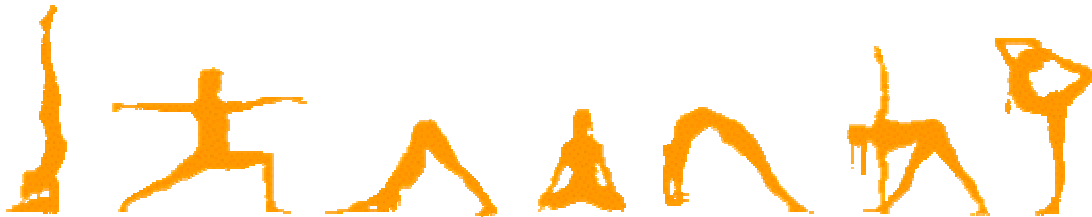
Laksmī Devī mudrā; Devī mudrā - mudrā for the cosmic energy, the universal mother, śakti, prosperity, and wealth

TriYoga mudrā - mudrā representing TriYoga

sanmukhī mudrā - used in for pratyāhāra; a sealing posture where the apertures in the head are closed and the mind is directed inwards to train it for meditation; from "sanmukha," six mouths; thumbs close off the ears, two fingers place slight pressure

on the eyelids, the other two fingers rest below and above the mouth, look for colors to appear in the inner eye

*For more information on mudrās, visit the TriYoga website mudrā page:
http://www.triyoga.com/TriYoga_Flows/mudrā.php*



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