

# PRANAYAMAS & MUDRAS VOL.1

*Sue Fuller*



BREATHING EXERCISES AND GESTURES  
FOR HEALTH AND VITALITY

## YOGA2HEAR

### Pranayamas & Mudras Vol.1

### Guide Book

This guide book must only be used in conjunction with the accompanying audio class.

# YOGA2HEAR

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# Introduction

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Thank you for purchasing the Yoga 2 Hear Pranayamas and Mudras Vol.1 guided audio class. Our classes provide top quality achievable and effective instruction that can be used whenever and wherever you choose.

With Yoga 2 Hear audio yoga classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits from each class.

Before you start here are a few bits of information that you may find useful;

Slow controlled breath is a fundamental part of Hatha Yoga. With regular practice you will find that your breath becomes easier to control and the techniques used in this class will become more effective.

Make sure that the area in which you are following this class is warm and free from any obstructions. You will need enough room to move your arms in all directions whilst laying and sitting on your yoga mat.

If you have high blood pressure or are pregnant the techniques used in this class are not suitable for you.

## Pranayamas & Mudras Vol.1

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This 40 minute class is suitable for those with and without any previous experience of yoga. It combines a number of carefully selected Pranayamas with a number of simple yet effective Mudras. The Pranayamas encourage relaxation, reduce anxiety and increase mental focus so that the mind can function more clearly. The Mudras are used in yoga to compliment and intensify a practice, they also help to channel and seal energy inside the body to produce many positive effects including balancing the body and mind and encouraging spiritual growth. Mudras can be practiced on their own or whilst performing asanas (postures), bandhas (locks), meditations and pranayamas.

Pranayamas is the Sanskrit name given to yogic breathing exercises. Pranayama translates from Sanskrit to mean control of vital life force. By practicing Pranayamas we are able to learn techniques that control the breath and raise our levels of prana (vital life force or energy). Prana travels around the body via nadis (energy zones) and resonates in the chakras (vortex's of energy located in different areas of the body).

The word Mudra translates from Sanskrit to mean gesture or attitude. Mudras manipulate, reflect, seal and direct prana around the body. Performing a mudra whilst breathing slowly in and out through the nose with the correct intent will have an extremely positive effect on both body and mind. Each Mudra has a different focus, these are explained in more detail in the Class Guide section.

## Track 1. Introduction

Please ensure you have carefully read and understood this guide book before commencing the class and that you strictly follow the recommendations in the Medical Warning.

## Track 2. The Class.

**Chin Mudra with Breath Retention & Locks.** Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, broaden your upper back and soften your shoulders as you breath slowly through your nose. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tip of your index finger down to the base of your thumb (A). This is the Chin Mudra. Continue as instructed.



The Chin mudra is used to increase consciousness. It creates a loop between the index finger which represents the individual consciousness (Atman) and the thumb that symbolises the supreme consciousness (Brahman). The loop redirects energy that has travelled to the hands back towards the brain. By placing the wrists to the knees another energy loop is created that retains prana within the body. The breath retentions and locks used here increase the levels of prana in the body making the techniques more effective.

**The Staff with a Forward Bend.** Slowly straighten your legs and flex your feet. When instructed inhale and lift your arms straight up and out to the sides of your body. Continue until your hands are above your shoulders (A). As you exhale soften your shoulders. Inhale and grow then as you exhale fold your body forward into a seated forward bend (B). Release your hands down to the floor and drop your chin onto your chest. Continue as instructed.



**Gyana Mudra with Cleansing Breaths.** Begin sitting with your left leg crossed in front of your right leg. Grow up out of the crown of your head, broaden your upper back and soften your shoulders. Rest your wrists onto your knees with your palms facing down. Spread your fingers and roll the tip of your index finger down to the base of your thumb (A). This is the Gyana Mudra. Continue as instructed.



The Gyana Mudra is used to increase Knowledge or Wisdom. As with the Chin Mudra the loop created between the index finger and the thumb redirects energy back towards the brain. The cleansing breaths used here remove toxins from the body. This allows prana to flow more freely making the Gyana Mudra more effective.

**The Staff with a Forward Bend.** Please refer to the description and images on Page 3 of this guide booklet.

**Chin Mudra with Kapalabhati.** Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, broaden your upper back and soften your shoulders. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tip of your index finger down to the base of your thumb (A). Continue as instructed.



The Kapalabhati breathing technique used here helps to clear the mind and remove toxins from the body. This allows prana to flow more freely and makes this Mudra even more effective.

**The Staff with a Forward Bend.** Please refer to the description and images on Page 3 of this guide booklet.

**Yoni Mudra.** Begin sitting with your left leg crossed in front of your right leg. Lift your lower stomach muscles, grow up out of the crown of your head, broaden your upper back, soften your shoulders and relax your face. Interlink your fingers in front of your body. Join the tips of your index fingers and the tips of your thumbs in order to create a diamond shape. Direct your index fingers down towards the floor and lift your elbows out to the sides of your body and bring your hands up in front of your chest (A). This is the Yoni Mudra. Continue as instructed.



The Yoni Mudra is used to balance body and mind. The left and right hands are joined which allows prana to be balanced throughout the body.

**The Staff with a Forward Bend.** Please refer to the description and images on Page 3 of this guide booklet.

**Relaxation Meditation.** When instructed take yourself down onto your back and draw your knees in towards your chest holding on to your knees or your shins (A). Breathe slowly through your nose as you release tension from your lower back. When instructed release your knees and place your feet to the floor keeping your knees bent and place your hands beside your hips with the palms facing up (B). Continue as instructed. When instructed extend your legs so that you are laying flat on your back (C). Continue as instructed.



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