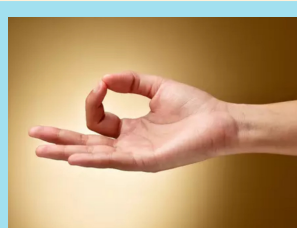


Hasta Mudra

Recognise the mudra below and write down its procedure and benefits



Name the Mudra

Write the procedure

List the benefits



Name the mudra

Write the procedure

List the benefits



Name the mudra

Write the procedure

List the benefits



Name the mudra

Write the procedure

List the benefits

Name the five elements

Can we practice mudra right after eating?

Can we practice mudra continuously for one hour?

Which finger represents which element?

Thumb -
Index finger -
Middle finger -
Ring finger -
Little finger -