

Apan Vayu Mudra



*Apan Vayu Mudra -- Lifesaving Gesture for the Heart
Can aid in calming the body, and helps to regulate heart conditions
and panic attacks. Offers the space for greater internal awareness
and stillness for relaxation and cardiovascular strengthening.*

- 1 Bend the index finger so that the tip touches the inner web of the thumb*
- 2 Fold the middle and ring fingers so they touch the tip of the thumb*
- 3 The little finger extends out*
- 4 Position fingers in this mudra on both hands*