

Chinmaya Mudra



Chinmaya Mudra -- Gesture for cultivating a sense of safety

*Can help in creating an internal sense of feeling safe and secure.
Supportive in reducing blood pressure, feelings of stress, and anxiety.
Offers connection to own internal body wisdom and feelings of trust.*

- 1 Curl fingers of one hand into a fist with the thumbs outside*
- 2 Uncurl the index finger, and touch the tip of the index finger with the tip of the thumb*
- 3 Allow the hand to rest on the belly, hip creases, thighs, or knees*
- 4 Soften the torso and allow the body to breathe into the hollow space within the gesture, and as you breathe out, allow the breathe to send this awareness and sense of grounding to other parts of the body*