



THE BEST ME

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Chakra: Sacral (Orange)



WHEN TO USE

If you are feeling you are at your best.

WHERE TO PLACE

Place on your lap in Easy Pose.

WHAT TO SAY

“This mudra is perfect to use when you are feeling like the best version of yourself. Sometimes we have bad days, some days we have okay days, and some days we have the best days we can have. The Best Me mudra shows all your inner joy and beauty.”

THIS HELPS ONE TO FEEL
confident • happy • fulfilled



LOTUS FLOWER

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Chakra: Throat (Blue)



WHEN TO USE

When you want to have a growth mindset.

WHERE TO PLACE

Base of throat, above heart center.

WHAT TO SAY

“The lotus flower grows from the murkiest areas. It actually grows from the bottom of swamps! Even though the lotus flower comes from a dark place, it is still able to grow and become a beautiful flower that sits at the top of the swamp water. This is a good mudra to use if you feel like you are coming out of a challenging time and are now ready to shine your love and light to all around you.”

THIS HELPS ONE TO FEEL
confident • determined • proud



LEAN ON ME

LEAN ON ME

Chakra: Solar Plexus (Yellow)
& Heart (Green)



WHEN TO USE

When you are in need of
a break or quiet time.

WHERE TO PLACE

Place at your heart center
or over your belly button.

WHAT TO SAY

“Lean On Me is the mudra to use
when you feel you need to take a
break and turn inward. Sometimes
we have too much happening
in our lives and it is easy to feel
overwhelmed. This mudra gives
you quiet time and space to
meditate on whatever it is you
need to feel more in control
and rested in your life.”

THIS HELPS ONE TO FEEL
re-energized • supported
• seen and valued



SHINE YOUR LIGHT

SHINE YOUR LIGHT

Chakra: Heart (Green)



WHEN TO USE

When you feel like shining
your inner light to others.

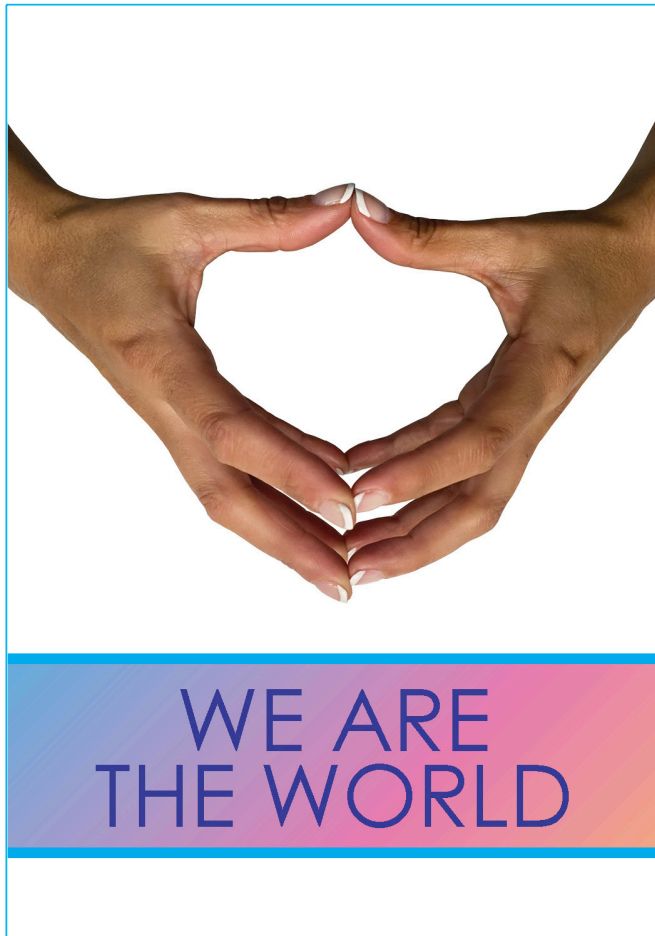
WHERE TO PLACE


At your heart center.

WHAT TO SAY

“You are all amazing people. All of
you have gifts to share and a light
within to shine. The more you love
yourself and who you are, the brighter
your light shines. Shine Your Light
mudra makes your light brighter and
stronger. Take time to sit in this mudra
and radiate your positive love and
thoughts out into the world creating
a brighter light within you.”

THIS HELPS ONE TO FEEL
self-loving • connected • helpful





WE ARE THE WORLD

Chakra: Sacral (Orange) & Solar Plexus (Yellow)

WHEN TO USE
When you feel connected to those around you and to the earth.

WHERE TO PLACE
At your belly button.

WHAT TO SAY
 “Use this mudra when you are feeling very connected to those around you - when you feel lots of love and happiness for those in your community.”
 “It is also good to use this mudra when you are feeling very connected to the earth and nature. Maybe you are outside and simply feel connected to the plants and animals surrounding you; or maybe you helped to take the recycling out and are feeling connected because you helped care for the earth. The We Are The World mudra celebrates your special relationship with our world.”

THIS HELPS ONE TO FEEL
happy • content • connected





FISH

Chakra: Sacral (Orange) & Solar Plexus (Yellow)

WHEN TO USE
When you are feeling very devoted and compassionate towards yourself and others.

WHERE TO PLACE
Place your right palm over the back of your left hand. Have both of your palms facing downward. Hold this at your belly button.

WHAT TO SAY
 “Fish mudra helps you tune into how you are feeling as well as how others around you might be feeling. This mudra taps into your empathy, helping you connect to yourself and others. Fish mudra reminds us that our feelings are important in helping us connect with other people in the world.”

THIS HELPS ONE TO FEEL
devoted • loving • compassionate



YOU ARE A GIFT

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Chakra: Heart (Green)



WHEN TO USE

When you want to honor and celebrate the wonderful individual that you are.

WHERE TO PLACE

Place against your chest, near your heart center. Imagine you are holding a precious jewel of incredible value inside your hands.

WHAT TO SAY

“Use this mudra to honor yourself and all your talents and unique gifts. When you hold this mudra imagine you are holding a precious jewel in your hands. This jewel is YOU! You are more precious than this jewel. Think of all the good things about yourself.

This will help to calm yourself and clear your mind.”

THIS HELPS ONE TO FEEL
mindful • meditative • self-loving



EAGLE

EAGLE

Chakra: Heart (Green)
& Throat (Blue)



WHEN TO USE

When you feel like you have lots of love and energy to share.

WHERE TO PLACE

At your heart center or at your throat.

WHAT TO SAY

“Eagle mudra is great to use when you feel like you have lots of positive love and energy that you want to spread to everyone around you.

Positive energy attracts positive energy, so if you want to feel loved and connected, spread your fingers wide and let the love and light in you shine through!”

THIS HELPS ONE TO FEEL
happy • positive • generous



ALL THINGS BEAUTIFUL

Chakra: Crown (White)



WHEN TO USE

When you want to calm down and make connections with the world around you.

WHERE TO PLACE

Six inches over your head with your fingers pointing up toward the sky.

WHAT TO SAY

“This mudra is very powerful and healing for your body, mind, and emotions. This is a great mudra to use when you are outdoors practicing under an open sky. It is also perfect for when you need to calm down and feel connected to all things beautiful in your life.”

THIS HELPS ONE TO FEEL
open • connected • calm

HEART FULL OF LOVE

Chakra: Heart (Green)



WHEN TO USE

When you feel love for yourself.

WHERE TO PLACE

Over your heart.

WHAT TO SAY

“Heart Full of Love is a mudra to show love and compassion for yourself. We are often good at remembering to show love and kindness to others, but it's just as important to give ourselves these gifts too. The Heart Full of Love mudra allows us to take time to quiet our minds, and it also reminds us to love ourselves just as we are.”

THIS HELPS ONE TO FEEL
loved • cared for • confident





THUNDERBOLT

Chakra: Heart (Green)

WHEN TO USE

When you are feeling very strong and powerful.

WHERE TO PLACE

At your heart center.


WHAT TO SAY

“Thunderbolt is perfect to use when you are feeling physically strong and powerful and you want to send some of that energy to your mind. This a great mudra to use before taking a test or playing a game. Thunderbolt mudra can help to strengthen your willpower and concentration.”

THIS HELPS ONE TO FEEL

confident • powerful • strong





BRILLIANT

Chakra: Heart (Green) & Throat (Blue)

WHEN TO USE

If you are feeling very intelligent and ready to learn.

WHERE TO PLACE

Hold out in front of your body between your heart and throat.

WHAT TO SAY

“This mudra expresses that you are excited and ready to learn. It can also be used to help you prepare to learn by opening your mind to absorb new information. Brilliant mudra helps you to stay focused so that you can learn as much as possible.”

THIS HELPS ONE TO FEEL

ready-to-learn • confident • brilliant

MUDRA POSES



AIR



ALL THINGS
BEAUTIFUL



BALANCED



BRILLIANT



BUD



CARRY ME



CLEARING



CLOSED FLOWER



CONTEMPLATION



DOWNWARD



EAGLE



EARTH



FISH



HARMONY



HEART



HEART CENTER



HEART FULL
OF LOVE



HIGH LOW



I AM
CONNECTED



I NEED
SOME SPACE



INTO ME



INVITE THE
TRUTH



KNOWLEDGE



LEAN ON ME



LIFE



LOTUS FLOWER



OKAY



OPEN YOUR
HEART



PLUG INTO
THE EARTH



SECRET



SHINE YOUR
LIGHT



SUN



TAKING CARE



THE BEST ME



THUNDERBOLT



TIED IN
A KNOT



TURTLE IN
A SHELL



WAKE UP



WATER



WE ARE
THE WORLD



YIN YANG



YOU ARE
A GIFT