

## SAVASANA – with breath awareness

Mudra = gesture, attitude → alter mood, perceptions. Hasta mudra = hand seal, redirect energy from hands into bodies

### 1. Find a comfortable savasana position, with support of the head and neck and knees bent if the lower back is uncomfortable



Take several long slow deep inhalations and exhalations here, in and out of both nostrils, with awareness to where the breath is moving in the body

### 2. Form chin mudra (placing thumb and index finger to touch each other lightly) and rest hands palm down on abdomen (creates union)



Take several long slow deep inhalations and exhalations here, in and out of both nostrils, with awareness to take the breath deep into the abdominal area

### 3. Keep chin mudra and wrap the other 3 fingers back to the palm (chinmaya mudra), resting palms facing down on ribcage (↑digestion)



Take several long slow deep inhalations and exhalations here, in and out of both nostrils, with awareness to take the breath deep into opening the ribcage

### 4. Form brahma mudra by wrapping fingers over each thumb, palms up and resting with knuckles touching together on the chest→ complete breath, ↑ focus



Take several long slow deep inhalations and exhalations here, in and out of both nostrils, with awareness to take the breath deep into the upper chest

### 5. Relax the arms by the side and stay there for several breaths with an awareness of a deeper breath through lower abdomen, ribcage and upper torso (deergha swaasam)

