

Mudras for balancing The Sacral Chakra

Svadhishthanachakramudra (mudra of pelvic centre)

This Mudra can be performed seated, standing or lying down.

Concentrate on the breathing to relax. Join both palms together in a *Namaste* gesture. Then interlace and bend the Ring fingers and the little finger of both hands within the palm.



Cross the middle fingers over the index fingers.

Touch the tips of the Middle fingers to the top of the thumbs and lightly press together. Bring the heels of the palms together. Hold the Mudra in front of the chest.

This mudra should be performed twice a day in the morning and evening for at least five minutes and up to 40 minutes.

Shaktimudra (Mudra of divine feminine)

Perform this Mudra in a seated position, concentrating on the breath. Palms should be facing each other in front of the chest. Touch the tips of both little fingers lightly pressing together.



Lightly touch the tips of both Ring fingers. Fold the thumbs into the palms.

Cover up the folded thumbs, curling the index and middle finger into the palms. Perform this Mudra twice a day, morning and evening for at least 5 minutes and no more than 40 minutes