

## Mudra

Mudra, a word of the ancient Sanskrit language, is a gesture of the hands, face, or body. These symbolic gestures are known to cultivate balance and harmony in both the physical and emotional bodies.

There are dozens of Mudra, with origins in various cultural traditions including Hinduism and Buddhism, as well as Christianity, Asian martial arts, and Egyptian hieroglyphics. Our meditations will integrate Mudra of the Hindu traditions.

Each Mudra evokes unique positive qualities within the practitioner. These qualities are already inherently present, and Mudras are keys which unlock their potential.

Each week the Friday class will guide a hand Mudra to evoke certain qualities. A guided meditation will support and potentate the qualities evoked by this Mudra ~ allowing the qualities of the Mudra to be a live experience in your body. Mudra meditations can be practiced while lying down, sitting or standing.

This week, we will meditate with **Mani Ratna Mudra**, “gesture of the Precious Jewel”, for healing the Whole Person.

