



# Yog Mahavidyalaya, Baramati

## Yoga Teacher Training Course

### Mudras & their benefits



#### Chin mudra –

1. Increases memory power & sharpens the brain
2. Prevent insomnia
3. Reduces joint pain
4. Relieves stress
5. Promotion of better sleep pattern

#### Chinmay mudra –

1. Relieves stress & anxiety
2. Deals with stomach related complaints
3. Increases blood flow circulation
4. Boosts body & mind health.

#### Adi mudra –

1. Increases lung capacity
2. Calms the nervous system
3. Stimulates oxygen flow
4. Increases mental activeness

#### Bramha mudra –

1. Helps to reduce stress & releases negative energy
2. Opens the whole of the lungs & removes toxins
3. Stimulates digestive system.
4. Relaxes nervous system.

#### Dnyan mudra –

1. Gives sound sleep with peace of mind.
2. Improves concentration.
3. Reduces depression level.

#### Dhyan mudra –

1. Deepens the levels of meditation.
2. Brings balance between the left & right regions of the brain as well as the body.
3. Calms & relaxes the mind.
4. Reduces negative emotions such as – anger, anxiety, depression, stress etc.

5. Regular practice of this mudra keeps physical & mental illness away.

