



TURTLE IN
A SHELL



TURTLE IN A SHELL

Chakra: Sacral (Orange)

WHEN TO USE

When you need to look
inside of yourself.

WHERE TO PLACE

On your lap in Easy Pose.

WHAT TO SAY

“Use this mudra if you need some quiet time to yourself. A turtle crawls into its shell when it needs protection from its loud or busy environment. Sometimes we need to be like a turtle and crawl into our shells so we can have a quiet space to be alone. It is okay to feel this way. When we are ready, we will come out of our shells and re-engage with the world. Sometimes we need to take a break so that we can be a better student and a kinder person to all whom we meet.”

THIS HELPS ONE TO FEEL
rested • restored • peaceful



WE ARE
THE WORLD

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



EAGLE

EAGLE

Chakra: Heart (Green)
& Throat (Blue)



WHEN TO USE

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

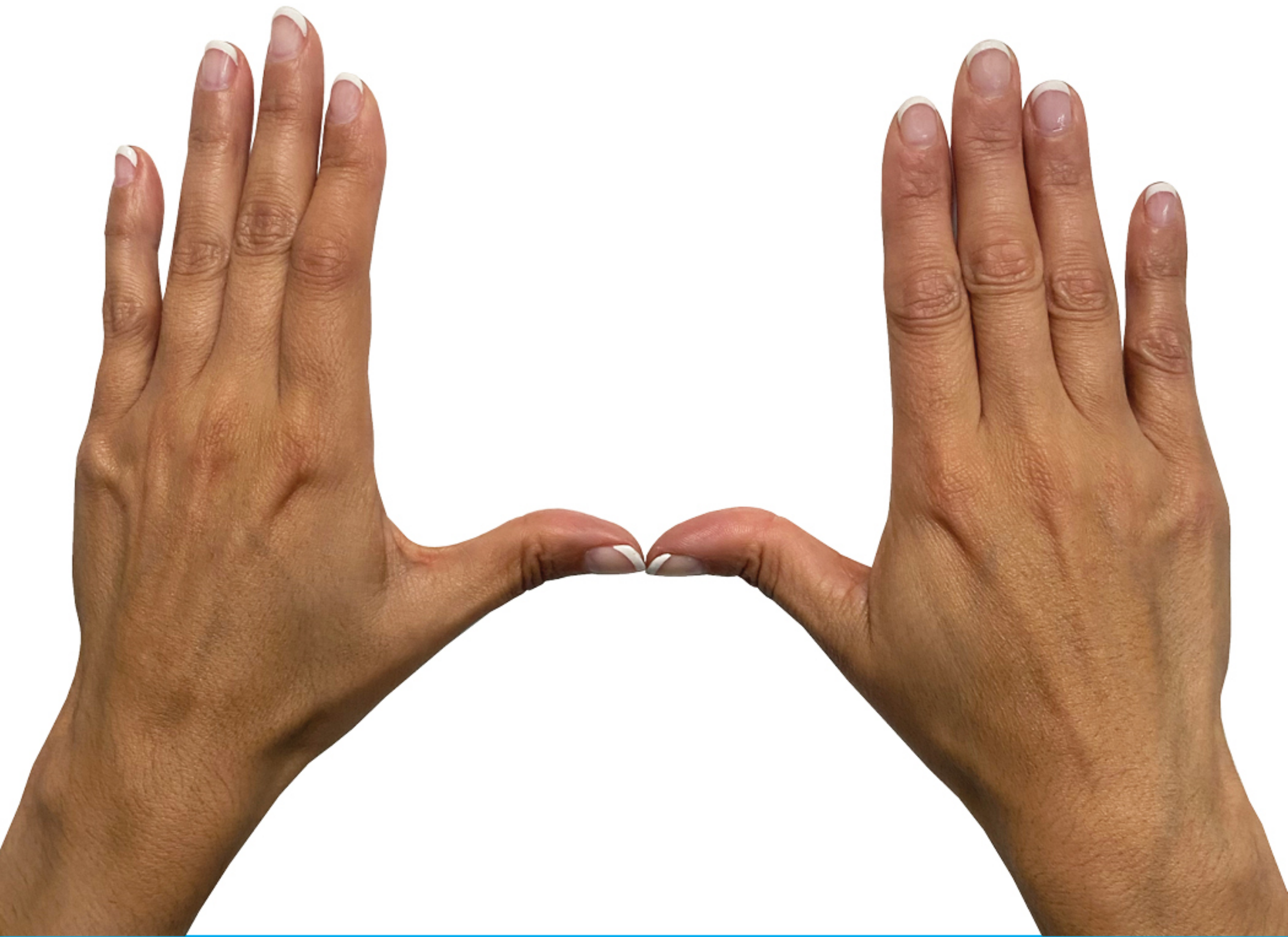
WHERE TO PLACE

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



I NEED
SOME SPACE

I NEED SOME SPACE

Chakra: Throat (Blue)



WHEN TO USE

When you feel like you need to be left alone for a little bit.

WHERE TO PLACE

Set out a couple of inches from your heart center.

WHAT TO SAY

“This mudra is a great one to use when you are feeling it is time for a break. Maybe you have been around too many people, or people have simply been too close inside your personal space lately. It is okay to need some space. A way to let others know to be mindful of your need for this space is to sit in stillness with this mudra. Often taking the time to do this will change your attitude and make you ready to interact more closely with the world again.”

THIS HELPS ONE TO FEEL
calm • rested • clear-headed



LOTUS FLOWER

LOTUS FLOWER

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