

a w k w a r d o l i v e



Yoga for Creative Minds & Every Body

Hand Mudras for Meditation



Hakini Mudra

encourages brain efficiency & enhances memory



Gyan Mudra

eases tension & depression, helps improve concentration



Shakti Mudra

calming, for mind & body, empowering creativity



Dhyani Mudra

open to receiving, filling space with new energy

Calming Breath

This technique is excellent for evening meditations or to lower stress & calm the mind

- Begin to observe the natural cycle and rhythm of your breath.
- After a few rounds begin to inhale to the slow, steady count of 4
- Exhale to the count of 6.
- progressively add length to the exhale until the exhale is twice as long as inhale.
- Repeat 8-12 breath cycles

Ujjayi Breath

This technique helps to detoxify the mind & body, relieves tension & builds energy. Its especially helpful when you are feeling nervous or anxious.

- Close your mouth and seal your lips
- Begin to inhale through your nose as you constrict the back of the throat. (It will sound like the ocean)
- Exhale in the same manner (through the nose constricting the back of the throat)
- Repeat at least 8-12 breath cycles or longer.

If you are having trouble with this breath, practice with your mouth open and breath out " haaah" like you are trying to fog up a mirror. Now try with your mouth closed.

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Mantra for Living Creatively

-Om Anandham Namah-

My actions are blissfully free from
attachment to outcome.



5 minute yoga sequence you can do anywhere

- Start in Tadasana | Mountain Pose standing feet hip distance apart & root through all 4 corners of your feet.
- Begin to draw energy up into your shins and begin to feel your inner & outer thighs activating.
- Grow tall through your spine and reach through the crown of your head.
- With eyes closed, or a soft gaze begin to tune into your breath & just observe the steady inhale and exhale.
- Tuck the chin to the chest and invite the right ear over towards the right shoulder. Tuck the chin back to the chest and repeat on the left side. Repeat 3-5 times.
- Coming back to a neutral position, begin to loop your shoulders up towards your ears and then melt onto your back. Repeat 3-5 times.
- Begin to sweep your arms up overhead as you inhale (relax your shoulders away from your ears) The exhale lowers the arms back along side the body. Repeat with the breath 3 times.
- With the next inhale, sweep arms overhead as before, and begin to dive forward with the exhale coming into a forward fold (allow your knees to be soft)
- Let the inhale lengthen your spine forward to a 90 degree angle, and the exhale releases you back to the forward fold.
- Inhale coming back up through Mountain Pose, reaching arms overhead and then drawing the palms together at heart center as you exhale.. Repeat with breath 3-5 times. (inhale to lift, exhale to fold. inhale to lengthen, exhale to fold, inhale to lift up, exhale hands to heart)
- Inhale arms reach up to the sky, exhale coming into a gentle twist to the right reaching the right arm back, left arm forward. Hold 2-5 breaths. Inhale through the center & repeat on left side.
- Inhale arms reach up to the sky, draw the palms together and lower them to your heart center. Close your eyes and spend 5 breaths here observing the sensations in your body.