

## Meditation for Spiritual, Mental and Physical Balance

(3 - 11 minutes)



1. Sit in Easy Pose with a straight spine.
2. The hands meet in front of the chest at the level of the Heart Center; the forearms are parallel to the ground.
3. Spread the fingers wide and press the fingers and thumbs of opposite hands together from the tip to the first joint.
4. The fingers point forward and the thumbs point toward the chest.
5. The fingers are bent back at the knuckles, but the base of the fingers do not meet; apply maximum pressure at the finger pads.
6. Focus at the tip of the nose.
7. Inhale deeply and completely through the nose, exhale in 8 strokes through the mouth.

### To End

1. Inhale. Hold. Exhale (3 times).
2. Relax breath and mudra.