



SYLLABUS OF THE CERTIFICATE COURSE IN TRADITIONAL MUDRAS

- Brief Introduction of Asanas which are required for Mudras:
 1. Padmasana
 2. Siddhasana
 3. Janushrishasana
 4. Paschimottanasan
 5. Vipritkarni
 6. Setubandhasana
 7. Mandukasana
 8. Bhujangasana
 9. Karanpidasana.

- Brief introduction and concepts of the following in relation to Mudras:
 1. Nadis
 2. Vayu – Pranas
 3. Chakras
 4. Garthis
 5. Bandhas

- Understanding the concepts and practice of the following breathing patterns in relation to Mudras:
 1. Normal Breathing
 2. Abdominal Breathing

3. Pranayamic Breathing

4. Basic components of Pranayama: Puraka, Kumbhaka and Rechaka.

➤ Understanding the concepts and practice of Drishtis in relation to Mudras:

1 Sam-Drishti 2. Bhrumadhy-Drishti 3. Nasagra- Dhrishti

➤ Understanding the concepts and practice of Actual techniques of the following Mudras:

1. Mul -Bandha
2. Jalandar–Bandha
3. Uddiyan- Bandha
4. Nabho- Mudra – Jiva Bandha
5. Maha- Bandha
6. Ashwini –Mudra
7. Brahma- Mudra
8. Simha-Mudra
9. Vipritkarni- Mudra
10. Maha-Mudra
11. Maha-Veda
12. Kaki- Mudra
13. Khechari- Mudra
14. Shambhavi- Mudra
15. Shanmukhi- Mudra
16. Shaktichalani- Mudra
17. Tadagi- Mudra
18. Manduki – Mudra
19. Pashinee- Mudra
20. Matangi – Mudra
21. Bhujangni- Mudra
22. Yoni - Mudra

23. Vajroli - Mudra
24. Parthivi-Dharani - Mudra
25. Ambhasi-Dharani - Mudra
26. Agneyi- Dharani – Mudra
27. Vayviye –Dharani – Mudra
28. Akashi – Dharani – Mudra

➤ Effects of Mudras:

1. Physical
2. Physiological
- 3 Psychological
- 4 Spiritual

➤ Concepts of Mudras in relation to awakening of Kundalini or enlightenment of inner energy.

➤ Concepts and Technique of Chanting of the following Mantras in relation to Mudras:

1. Omkar Jap
2. Gayatri Upasana
3. Trayambaka Mantra
4. Om Stavan
5. Others Mantra