

Vinyasa Vita

Yoga Newsletter

The Science Behind Mudras

The Sanskrit Word Mudra literally means “a seal”. A mudra is a way of positioning hands and fingers so as to accomplish something within the body such as healing and balance. How can a simple hand gesture do this?

While we are aware that we can use our hands for so many different things, they can be used for so much more when we understand that they are like a control panel or circuit board to the body.

Humans are energetic beings and our circuit system is believed in yoga (and now being confirmed with quantum physics) to consist of over 72,000 Nadi's or energetic channels.

As we perform Asana in yoga (poses), many blockages or impurities are moved out of these channels and they are opened up for better flow.

Mudras also affect our body's energetic flow. Each finger on our hands represents a different element. The thumb is Fire, the index finger is Air, the middle finger is Ether or Space, the ring finger is Earth and the little finger is Water. As we bring each

finger to touch the thumb (Fire), that element is balanced in the body, but this is just the beginning!

There are over 100 mudras that can be performed to pinpoint areas or functions in the body to restore, heal, and bring balance.

Surya Mudra



This mudra, when performed, helps with weight loss, lowers cholesterol, reduces anxiety and improves indigestive issues. Give it a try and see if you notice any differences. Yoga is a philosophy, but it is also a science and your body is the laboratory where you experience and learn.

Note: Students wanting to attend Monday night Intermediate class at 7:30pm need to register by 5:30 pm . Thanks!



Yoga at the WISC

Class Schedule

Monday 9:30-10:30 am Hatha/Vinyasa- All Levels
7:30 - 8:30 pm Intermediate

Tuesday 5:30 - 8:30 pm
Foundations of Yoga

Wednesday 9:30 - 10:30 am
Hatha/Vinyasa - All Levels

Thursday 5:30 -6:30 pm Intermediate

Friday 9:30 - 10:30 am
Hatha/Vinyasa- All Levels