

challenge ochange

MUDRA POSES













AIR

ALL THINGS BEAUTIFUL

BALANCED

BRILLIANT

BUD

CARRY ME













CLEARING

CLOSED FLOWER

CONTEMPLATION

DOWNWARD

EAGLE

EARTH















FISH

HARMONY

HEART

HEART FULL OF LOVE

HIGH LOW

TURTLE IN A SHELL







I NEED SOME SPACE



INTO ME



INVITE THE TRUTH



KNOWLEDGE



LEAN ON ME



LIFE



LOTUS FLOWER



OKAY



OPEN YOUR HEART



PLUG INTO THE EARTH



PRAYER



TAKING CARE



THE BEST ME



THUNDERBOLT



TIED IN A KNOT



SECRET



SHINE YOUR LIGHT











SUN

WAKE UP

WATER

WE ARE THE WORLD

YING YANG

YOU ARE A GIFT