

THINK  
POSITIVE  
& POSITIVE  
THINGS  
WILL  
HAPPEN +

challenge  
to change

# MUDRA POSES



AIR



ALL THINGS  
BEAUTIFUL



BALANCED



BRILLIANT



BUD



CARRY ME



CLEARING



CLOSED  
FLOWER



CONTEMPLATION



DOWNWARD



EAGLE



EARTH



FISH



HARMONY



HEART



HEART CENTER



HEART FULL  
OF LOVE



HIGH LOW



TURTLE IN  
A SHELL



I AM  
CONNECTED



I NEED  
SOME SPACE



INTO ME



INVITE THE  
TRUTH



KNOWLEDGE



LEAN ON  
ME



LIFE



LOTUS FLOWER



OKAY



OPEN YOUR  
HEART



PLUG INTO  
THE EARTH



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

