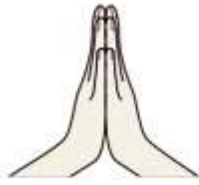


Yoga During Exam Time

Mudras from Teen Yoga Ambassadors



1. **Namaskar Mudra**
Close Up • Anjali
Mudra Close Up



2. **Kali Mudra**



3. **Dhyana Mudra**



4. **Prithvi Mudra**



5. **Hridaya Mudra •**
Heart Gesture



6. **Eagle Seal •**
Garuda Mudra



7. **Yoni Mudra**



8. **Ganesha Mudra**



9. **Ushas Mudra**



10. **Vayu Mudra**



11. **Bhairava Mudra**



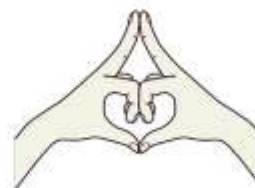
12. **Apan Mudra**



13. **Hakini Mudra**



14. **Samana Vayu
Mudra**



15. **Kalesvara
Mudra**



16. **Shell Mudra •**
Shankh Mudra

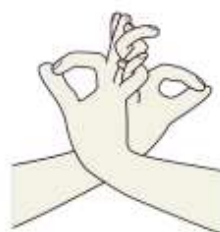
Mudras from Teen Yoga Ambassadors



17. Solar Plexus
Hand Gesture •
Rudra Mudra



18. Merudanda
Mudra



19. Fearless Heart
Mudra • Abhaya
Hridaya Mudra



20. Brahma Mudra



21. Chin Mudra •
Chin Mudra



22. Jnana Mudra