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**TakshaShila Institute (TI) ("Taksha Institute")
Center for Integrative Medicine and Yoga (CIMY)**

TEN MUDRA_S

This is an Illustrated list of ten Mudra_s (pronounced Mudraa_s) for health and healing, prepared by Dr. Dilip Sarkar, MD, FACS, D.Ayur., and Chairman, Center for Integrative Medicine and Yoga (CIMY), Taksha Institute, Hampton, VA. They are adapted from the book entitled "Yoga Therapy for Health and Healing of Body Mind and Spirit," also by Dilip Sarkar, MD, FACS, D.Ayur. and Adarsh Deepak, PhD.

Note: The beneficial effects of Mudraa_s occur when performed during Praanaayaama_s (Restrained Breathing Exercises), such as, 'Kapaalbhati' Praanaayaama, which are demonstrated by Dr. Sarkar (President, International Association of Yoga Therapists, 2013-), in the DVD "Taksha Yoga Therapy for Health and Healing of Body Mind and Spirit" (2009). If you need further information about Yoga Therapy, Integrative Medicine, Ayurveda or other seminar topics sponsored by CIMY/Taksha Institute in your area, please contact:

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