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3 important Mudras Practiced in Hatha Yoga by [Matthew](#)

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Hatha yoga is mainly about practicing postures. There are 25 major postures that are practiced during the hatha yoga session. These postures are also called mudras and are commonly used interchangeably at any fitness gym. A lot of hand and feet movement is involved in practicing these mudras. The movements of the body parts are controlled even though it looks nothing more than a free style dance to someone who does not have much idea of this yoga.

Out of the 25 major postures practiced in Hatha yoga session, the top 3 mudras are mentioned below in detail. The following postures are related to major parts of body and help to enhance the balance of body and mind. However, like any other exercise, nobody should try any posture without assistance of a proper trainer. Moreover, the best fitness club and other quality fitness gym have proper facility to carry out the postures without any harm. All the more, these centers also have quality personal trainer to train you in Hatha Yoga.

Chin Mudra

This mudra, involves finger that presides over the lung and the liver of a person. In this posture, the index finger makes a circle to reach the first cut of the thumb. This posture also channelizes the flow of electric impulses within the body. The remaining three finger points towards the earth but if you plan to work over your chest and heart, you can keep them pointed towards the sky.

Yoni mudra

This posture has dual benefits. However, to garner maximum benefits out of it, you should employ the services of a personal trainer. You can find good fitness gyms that have services of a trainer for yoni mudra. It is both useful for maintaining balance between right and left hemisphere of the body. It also helps the body to relax after long and tiring day at work.

Hriday Mudra

This posture is considered to be crucial in maintaining the balance of the body and the mind. This posture is to be practiced under guidance of an expert personal trainer. It helps to relieve the burden of the heart and keeps your inner self at peace with the mind. It is mainly about diverting the energy towards the heart and purifying it.

There are another 23 mudras/postures apart from the aforementioned postures. These are essentially to be practiced under guidance of a trainer at the best fitness club. Practice of breathing exercise is known to enhance the benefit of these postures but should be practiced only after consulting a good trainer.

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