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have been used as a

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spiritual practice (and still are), as a way on the path to enlightenment.

They're also used to cure physical ailments. Sounds too good to be true!!

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the different organs of the body. The most popular yoga mudras comprise hands only, also called hand mudras.

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Bring your hands up to your

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sides, and touch the tips of your ring fingers and little fingers to the thumb. The index and middle finger should be pointed straight. Tips and Timing Do this for 15-30 minutes in a row, and after a while of practice

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Mudra of Heat (Agni Mudra)

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Extend the other fingers straight. Benefits: It helps with metabolizing fat and regulates fat; Speeds up digestion

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