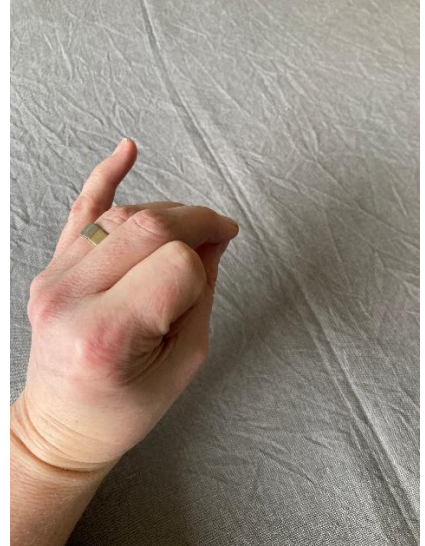


Hridaya Mudra: *Tranquility*



Benefits:

Rejuvenates the heart. Releases accumulated stress and emotions.

Regulates blood pressure and heart rate, reducing anxiety.