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YOGA: TO PRESERVE YOUTH AND BEAUTY

## VIPAREET KARANI MUDRA

The inverted posture of this *mudra* makes the body fluids flow down to the head and mix with the nectar of the *bindu chakra* which is then assimilated into the system. The meaning of Vipareet Karani is that which reverses.

### Technique

- Lie down on your back.
- Lift the body up from above the waist.
- Support the trunk with your hands.
- Straighten the legs to a vertical position.
- The trunk should be held at 45 degree to the floor.
- Breathe normally and hold the posture for a comfortable duration.
- Slowly return to the starting position.



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