



Yoga for the

HANDS



a CALMING KIDS exercise Book

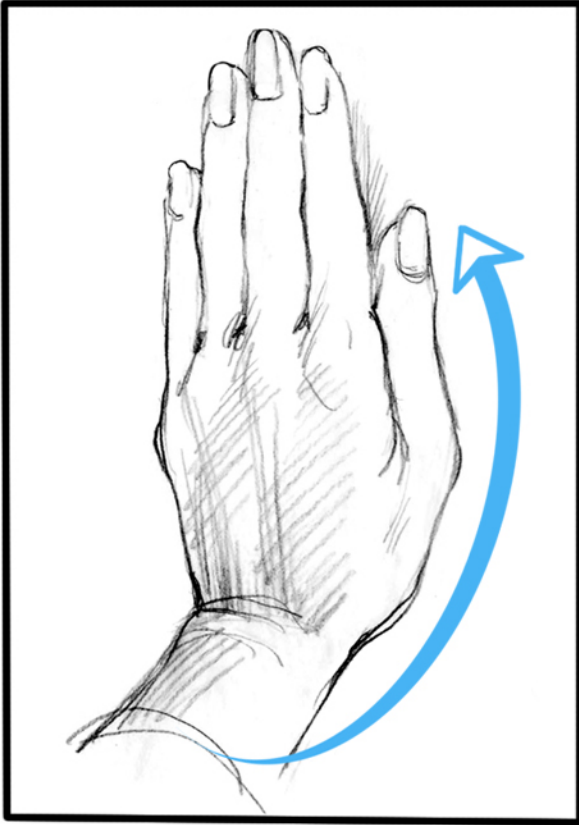
for high school & up

Written by Dee Marie

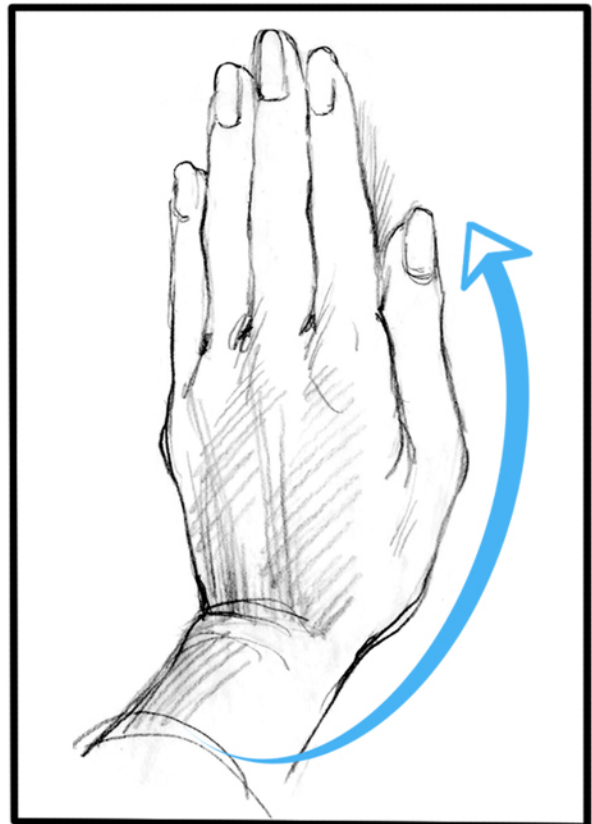
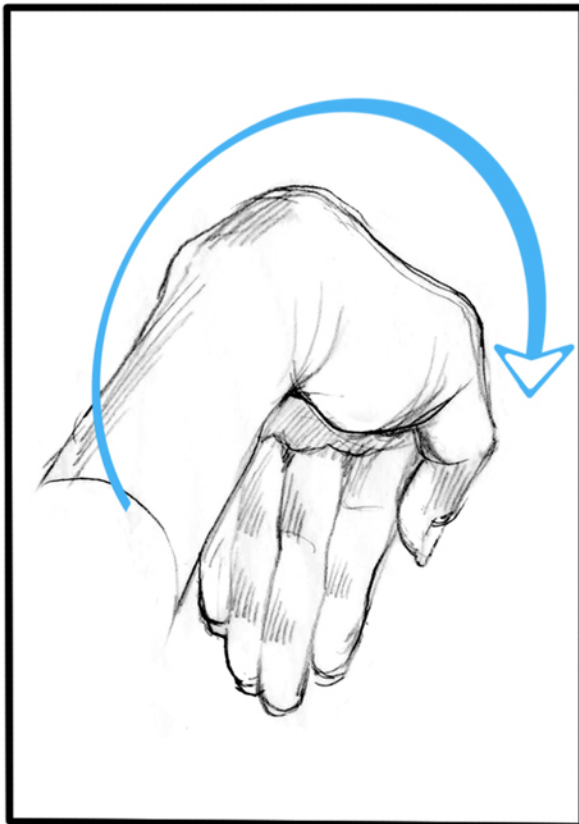
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Art: Kersti Frigell

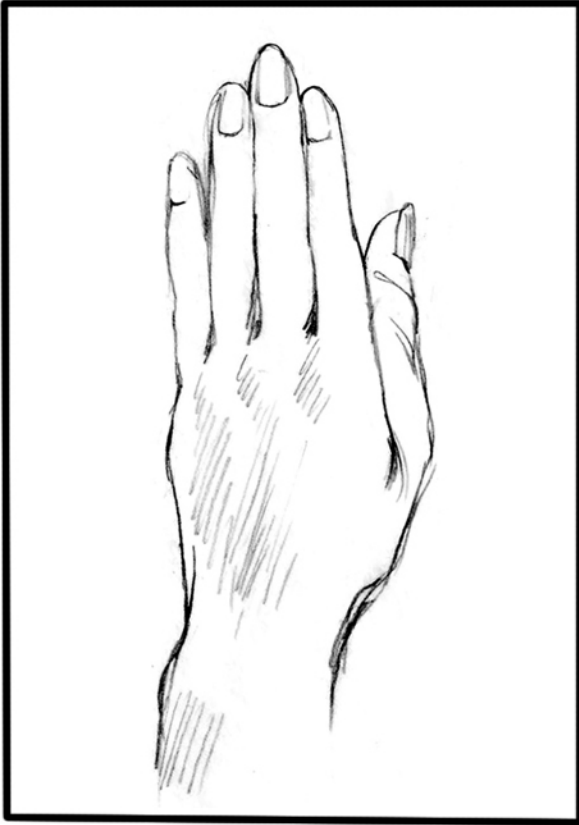
Flexion / Extension



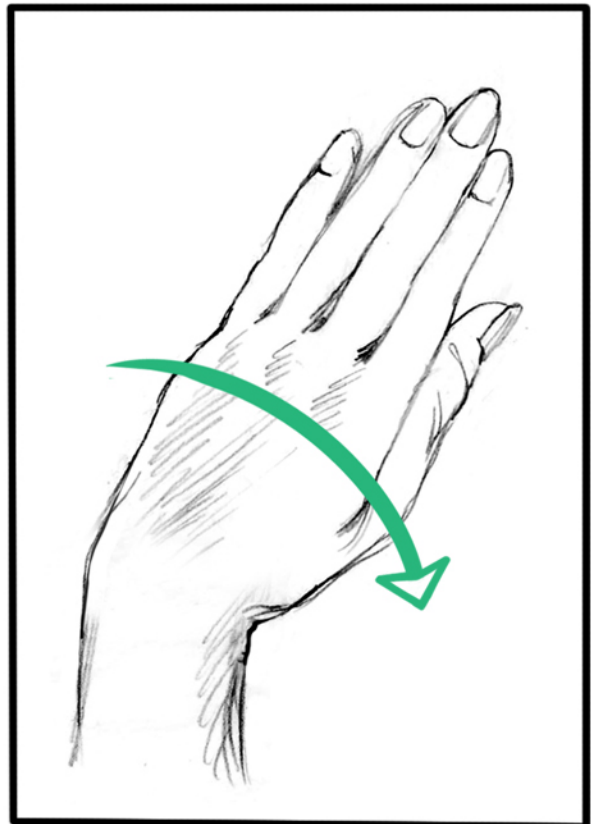
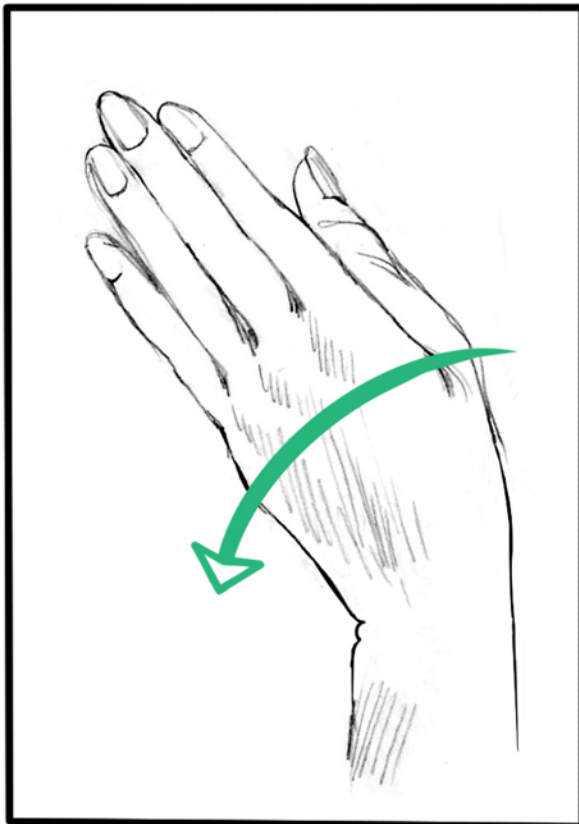
Bend your hands
at the wrist
up and down
5 times
as shown.
Curl your fingers
inward towards
wrists when down.



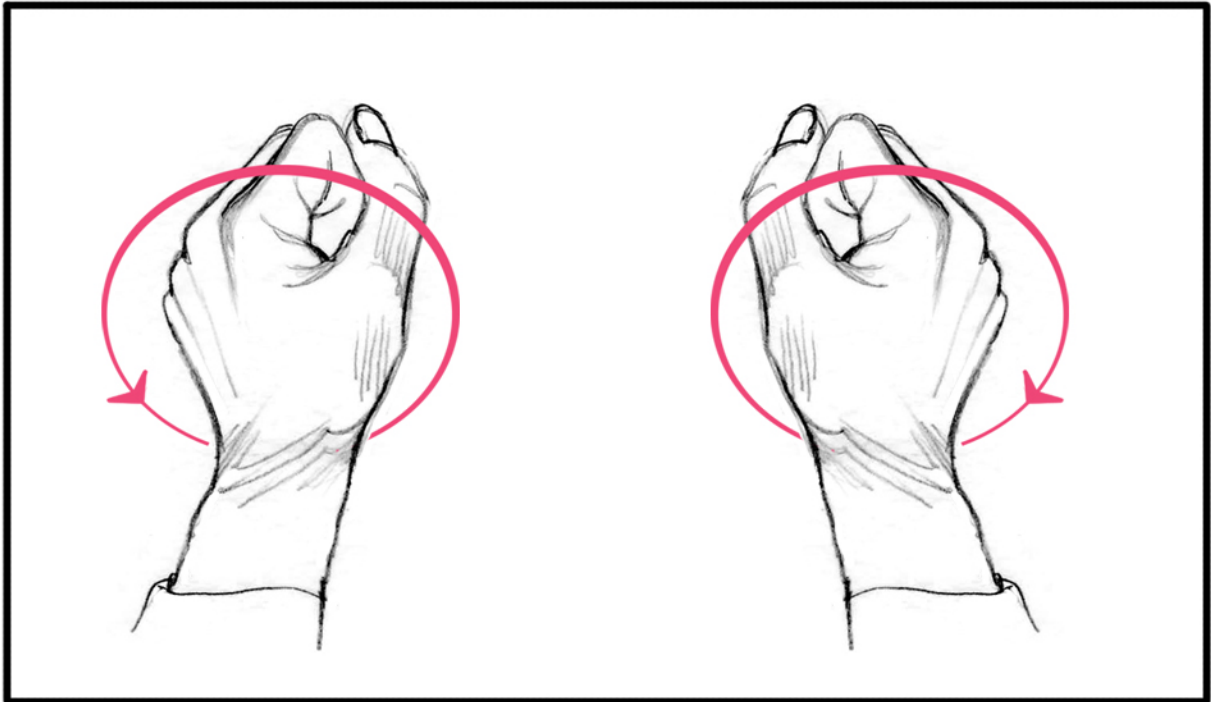
Wrist Deviation



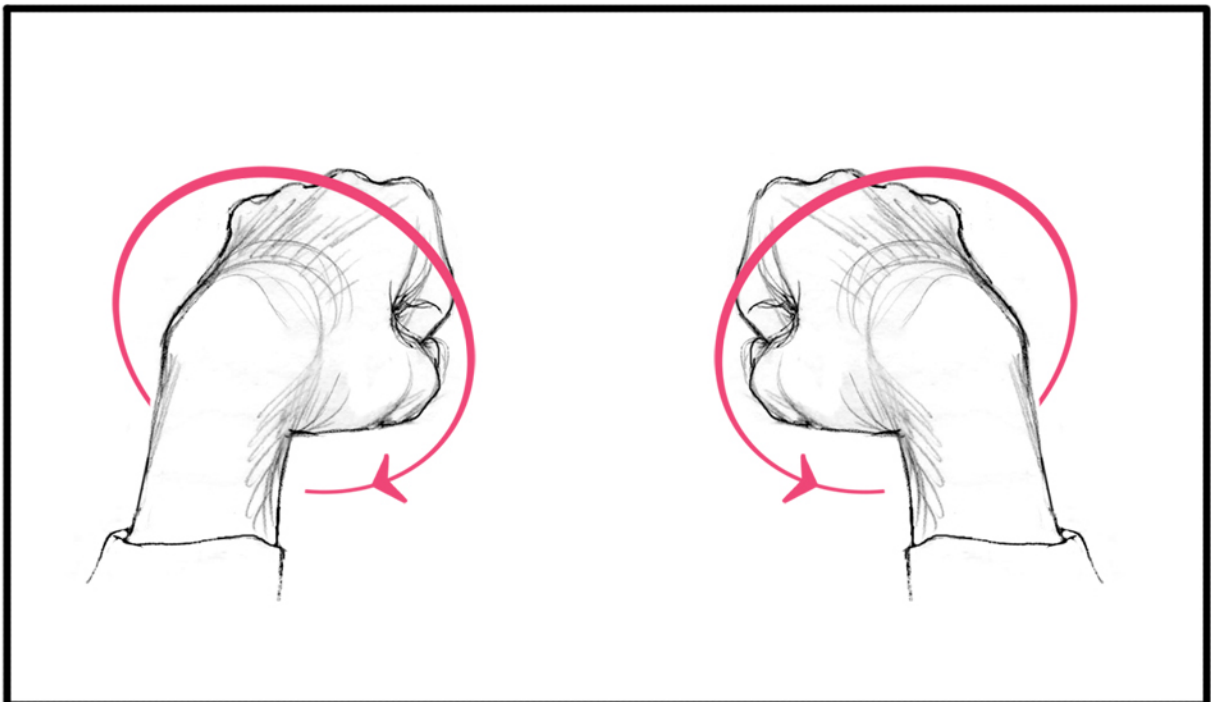
Keep hands parallel to the floor and move them slightly sideways with your wrists and hands straight as shown. Repeat 5 times.



Wrist Circles



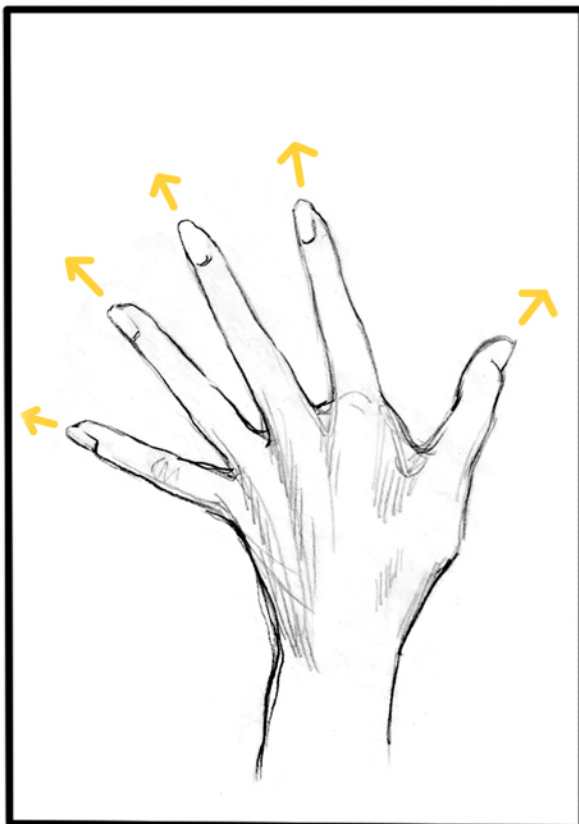
Make two fists. Rotate as shown 5 times.
Reverse direction 5 times.



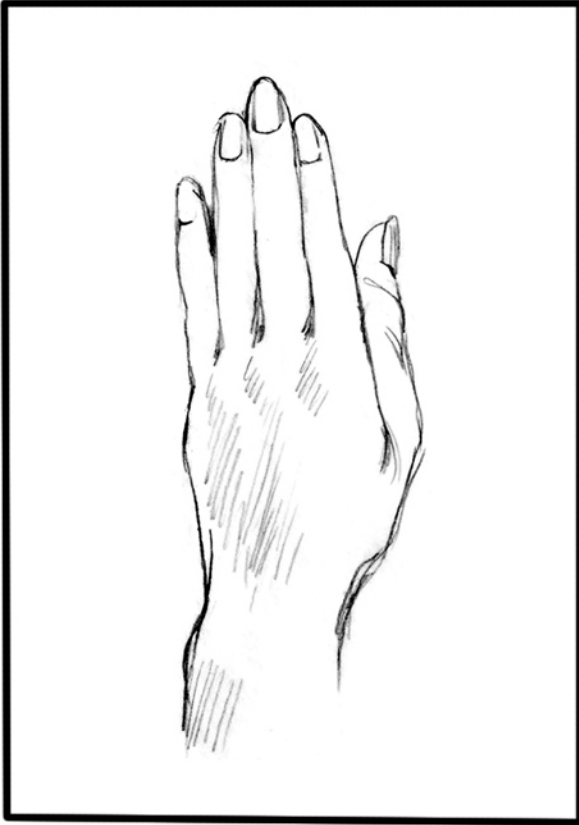
Expand / Contract



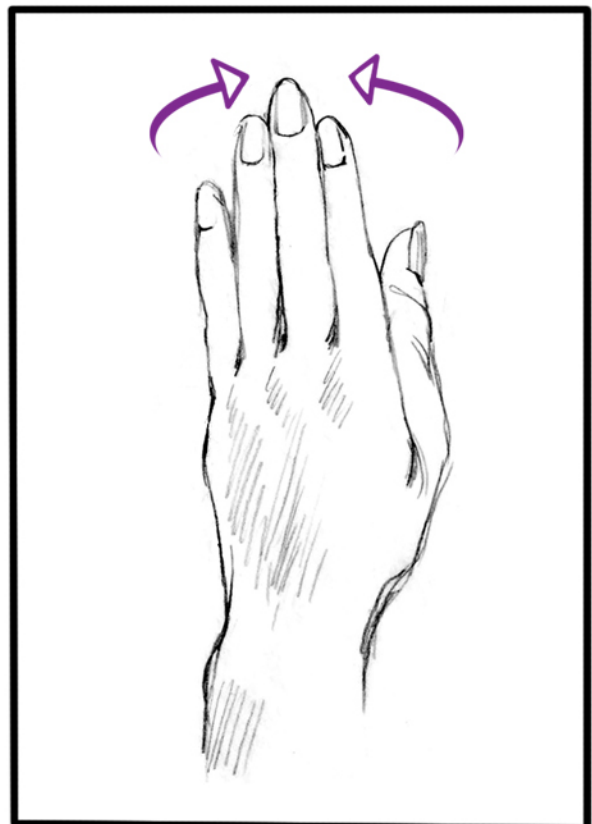
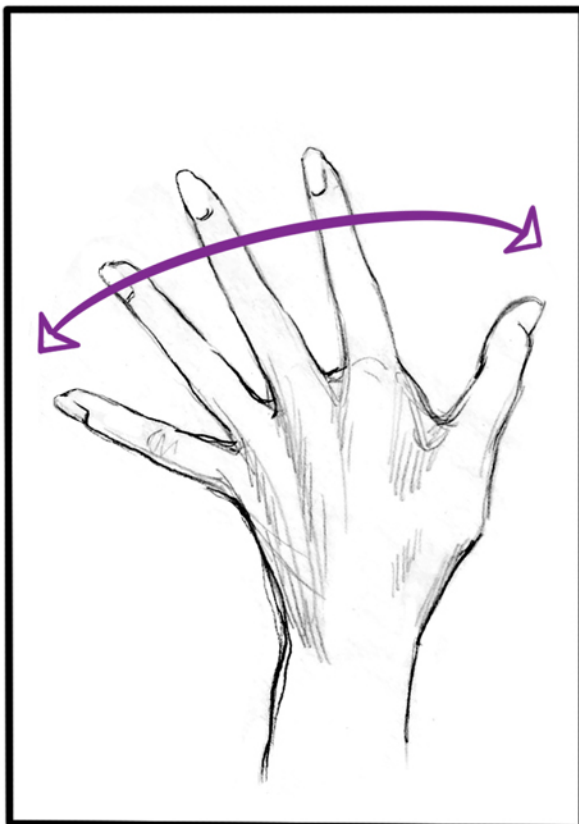
Make tight fists.
Open your hands,
spreading your
fingers wide.
Repeat 5 -8 times.



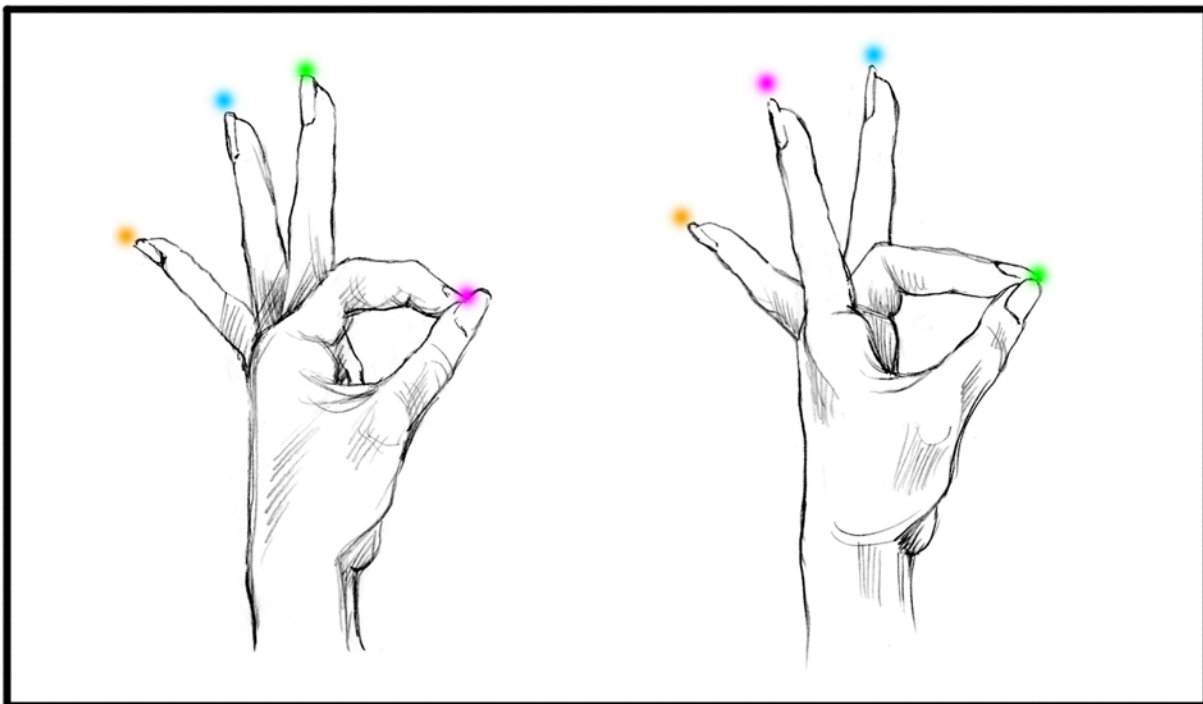
Scissors Fingers



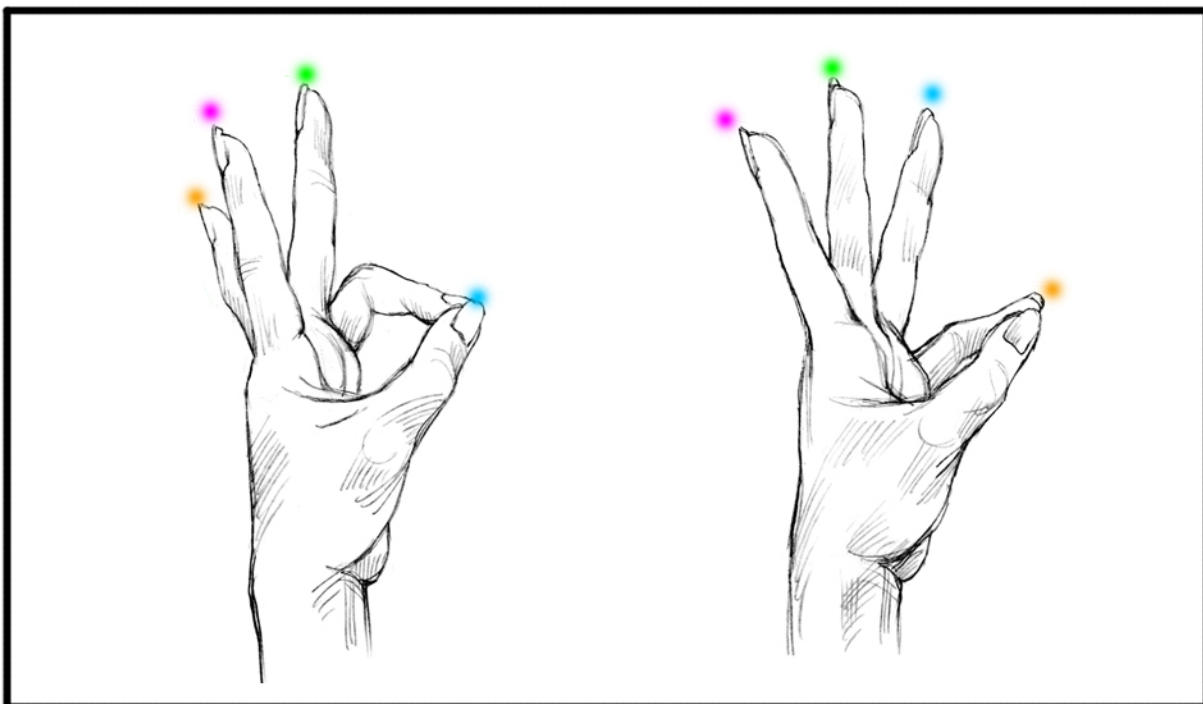
Keep your hands flat.
Open and close your
fingers wide 5 times,
keeping your wrists
and hands straight.



Birds of Paradise / Opposition



With your thumbs, touch each of your fingertips, stretching the other fingers. Then reverse order. Repeat 5 times.



CALMING KIDS

Creating a Non-Violent World

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INTRODUCTION

YOGA for the HANDS : Mudras

The art of gesture is as old as yoga itself (over 5000 years). It is a way to communicate without words, a universal language for all to comprehend.

Examples are: the actors gestures in Shakespearean Theatre, the mime artists of France and Europe, the Native American hand and arm movements to signal to each other to disguise correspondence from their enemies, the gestures of rituals in the ancient churches and religious ceremonies, and of course, sign language for those who do not speak and communicate with each other using their hands.

In the ancient dances of India, China, Thailand, Hawaii and many other cultures, hand gesturing is a language to tell a story, a symbol for a spiritual message or just a graceful arm and hand filigree to suggest an impression, imagery or sign of beauty.

As old as time, all civilizations and cultures have moved their arms and shaped their hands in a way to convey a message for themselves and to communicate with others.

Hand Mudras are just that and more. Each hand or arm configuration is a lock to contain the energy and re-channel it in a specific way.

The Mudra lock is like closing a door to keep the wind from blowing into the room; or shutting the shade to keep the light from shining in. A Mudra seals the energy from moving beyond and away from the body and channels it into the torso, into the spine to ultimately calm the nervous system. This brings about an increase in awareness and a sense of peacefulness. This awareness of understanding our body, mind, feelings and energy balances our state of being and helps us to cope with stress.

The various hand Mudras presented in this book are thousands of years old. Time tested gestures which lock the vital life force energy (Prana). Re-channeling this energy and moving it a positive way to heal, relax or energize our body and mind, ultimately, bringing us into our center and allowing for our true nature to be experienced - that of compassion to our self and towards others.

The way of the world is moving so fast, stress is a way of life. Technology has taken over. Sex, drugs and violence have become a common option to manage stress.

This book looks at one simple solution to stress management. Yoga of the hands can be done by anyone of any ability, easily and in combination with other practices.

First warm up the fingers and wrists with the easy hand therapy exercises. In order to transition your hands from the typical clenched position used throughout the day when holding a pencil, cell phone, steering wheel or soda can, to a comfortable neutral physical state.

Then try these simple hand Mudras to help balance the mind and the emotions. Practice these suggested hand gestures while breathing deeply, rhythmically and easily. Focus on the intention presented; visualize yourself coming into balance and surrender to the feeling of tranquility.

In Peace & Breath,

Dee Marie, MA, CYT

Special Thanks to Diana Garcia for her help, advice, co-writing and modeling for this book. And to my daughter, Nicole O’Heare the other teen model featured.



Mudra for Calming your Mind:

A teenagers mind is usually preoccupied with one thing or the other. They are either busy with school, thinking about their next test or thinking ahead about what they will do during the weekend for fun. Keeping a calm mind is necessary in order to focus your thinking. Practicing this mudra will help you achieve that.

Sit or stand with a straight back, bending your elbows and keeping them out to your sides. Put your right hand on top of your left forearm with the left hand under the right forearm. Keep fingers together and pointing straight out. Hold for a couple of minutes then relax, take long, slow, deep breaths.



Mudra for Overcoming Addictions:

In our life we will all experience a form of temptation. Sadly, we will be introduced to certain addictions during our teenage years. Some people will give into to these temptations becoming addicted to certain substances or giving into emotional addictions. This mudra will help get to the core emotions and help you solve the real reasons why you fell into this particular situation.

Sit with your back straight. Make fists with your hands while keeping your thumbs out to your sides. Touch thumbs to your temples. Clench your teeth and keep lips pressed together. Vibrate jaw muscles by alternating the pressure in each molar. This vibration should massage thumbs. Take soft, short breaths focusing on the navel. Relax arms when finished. Practice this mudra for three to eleven minutes, three times a week.



Mudra for Overcoming Anxiety:

As humans, we all experience some anxiety with certain situations. Teens experience different levels of anxiety in relation to stress, school and troubling relationships. This mudra will allow you to control your anxiety levels when practiced daily or it can even help reduce it instantly if practiced as soon as you begin to feel some anxiety.

Sit up straight. Raise arms while bending elbows. Keep hands in line with your ears, spread and point fingers up while rotating wrists pivoting back and forth. Do this for a couple of minutes taking long, slow deep breaths. Then relax arm – repeat if desired.



Mudra for Balancing Sexual Energy:

Teens experience sexual impulses and distractions on a day to day basis. Using this mudra you can balance and channel your sexual energy to nurture and keep experiences beautiful, controlled and connected.

While maintaining a straight back, hold your hands together interlacing your fingers with your elbows out the sides. Place right thumb on top for males, and left thumb on top for females leaving the left pinky outside. Hold for three minutes. Inhale and exhale heavily throughout.



Mudra for Healing a Broken Heart:

When we experience a heart break, time and company can be one of the only ways to overcome the sadness and hurt. Using this mudra we can speed up our hearts' recovery.

Sit with a straight back, holding the palms together with your arms horizontal and the elbows at your sides. Hold the tips of the middle finger in line in the middle of the forehead. Hold for about three minutes taking long, slow, deep breaths.



Mudra for Removing Depression:

The difficulty of being a teen can often lead to a feeling of depression. Most times that feeling begins to diminish as you find solutions for the problems you are experiencing. However, doing this mudra can help alleviate depression when practiced daily for a week straight.

Sit up straight with elbows bent and arms out in front of you. Join the back of your hands together so your knuckles and tips of fingers are touching (thumbs pointing down). Hold for at least eleven minutes taking long, slow, deep breaths.



Mudra for Self-Confidence:

Self-confidence leads to a greater sense of happiness, feeling more secure within ourselves and more relaxed within our surroundings. This in turn allows us to be able to accomplish what we set out to do. Our teenage years can be a tricky time when we might not always feel as confident or comfortable in our own skin. Practicing this mudra can help us overcome this difficult period.

Sit up with a straight back. Bend elbows and move them out so they are by your sides. Bring hands to the top of your stomach. Touch your index fingers together pointing to the front and press thumbs together pointing towards your body (tip of thumbs should touch body). Bring knuckles from back fingers together. Hold this for 2-5 minutes while taking long, slow breaths.



Mudra for Preventing Stress:

Teens experience a great deal of stress either related to school, friendships or other relationships. With this mudra we learn to relieve some of the unhealthy stress in our lives.

Sit with your back straight, bringing forearms in front of you placing your palms face up with your left hand on top of your right hand. Keep fingers straight and keep the mind clear and focused. Take long deep breaths repeating for three minutes then relaxing.

CALMING KIDS: Creating a Non-Violent World

Other CK Products Available at our On Line Store

YOGA KEEPS ME Calm, Fit & Focused

(Elementary - Middle School)

Yoga exercise and relaxation guide booklet

Available in: English, Spanish, Japanese & Arabic

YOGA KEEPS ME Feeling Just Right

(Pre-School - Early Elementary & Special Needs)

Yoga exercise and relaxation guide booklet

Available in: English, Spanish and Japanese

CALMING KIDS Body Awareness Tunes

(Pre-School - 3rd Grade)

Musical CD and lyrics booklet

CALMING KIDS Songs & Pledges

(Pre-School - Middle School)

Musical CD and lyrics booklet

YOGA for the HANDS

(Pre-School - 2nd Grade)

Musical CD with lyrics and choreography booklet

PLAYFUL YOGA Music and Movement for All Ages

Musical CD for yoga and relaxation, includes guidebook of practices

CALLING FOR CONNECTION

Musical CD for a teen yoga class, funky flow to slow chill relaxation.

CALMING KIDS DVD Documentary

A representation of the CK Program taught at an Elementary School

CK Tingshas/Chimes

Tibetan Bells for opening and closing yoga class, deepening the mind and keeping focused

Chakra Banner

A six foot vertical banner with Chakra Images, hand dyed & painted in Indonesia. Used with the Bija chant

<http://www.calmingkidsyoga.org/ProductOrderPage.html>

The mission of **CALMING KIDS: Creating a Non-Violent World (CK)** is to address and manage childhood obesity, stress, bullying, and violent behavior with a comprehensive, classically-based yoga program in school systems and health clinics.



In 1995, The American Medical Association Alliance, Inc. (AMAA) launched the program: Stop America's Violence Everywhere (**SAVE**). **SAVE** Programs are aimed at assisting victims of abuse, teaching children conflict resolution skills, and educating the public about violence prevention. Dee Marie, the author, is a **SAVE** representative of the AMAA for the state of Colorado.