

# Kirtan Kriya Mudras for Seniors

## What is Kirtan Kriya?

Kirtan Kriya is a simple yet powerful meditation practice from Kundalini Yoga. It involves chanting a mantra along with specific finger movements (mudras) to help with brain function, stress reduction, and emotional balance. Especially beneficial for seniors, this meditation can be practiced while sitting comfortably in a chair.

### 1. Sa - Index Finger Touch

Touch the tip of your thumb to the tip of your index finger. This stimulates knowledge and wisdom.

### 2. Ta - Middle Finger Touch

Touch the tip of your thumb to the tip of your middle finger. This encourages patience and balance.

### 3. Na - Ring Finger Touch

Touch the tip of your thumb to the tip of your ring finger. This supports vitality and energy.

### 4. Ma - Little Finger Touch

Touch the tip of your thumb to the tip of your little finger. This helps in communication and connection.

## How to Practice

Chant 'Sa Ta Na Ma' while doing the above mudras. Start by chanting aloud for 2 minutes, then whisper for 2 minutes, then silently for 4 minutes, whisper again for 2 minutes, and finally aloud for the last 2 minutes. Sit quietly and breathe deeply for 1-2 minutes at the end.