

## HEART-WOMB RIVER SACRED GREETING GESTURE: RIVER-LOTUS FORM (INNER)

### How to do it: form and flow

**INHALE** as you sit comfortably. Begin with the palms together and outer edges of the thumbs resting on the breastbone in *namaste*.



**EXHALE** as you keep the thumb tips touching and slide the palms of both hands outwards across the top of the breasts, until the hands rest flat and soft on the chest, with the index fingertips touching to create an open *yonī mudrā*, the downward-pointing triangle inside the space between the outstretched thumbs and index fingers.



Continue to **EXHALE** as you slide this *yonī mudrā* down the central line of the body until it comes to rest over the womb, with the thumbs beneath the navel and the tips of the index fingers on the pubic bones. Let the hands rest here until the exhalation is complete.



**INHALE** with the hands resting over the womb in simple *yonī mudrā*.

**EXHALE** keeping the thumb tips touching and sliding the palms of both hands inwards towards each other across the belly until the outside edges of the little fingers touch and the two hands form a lotus.



Continuing to **EXHALE**, point the fingers outwards and pivot the wrists until the lotus petals of your fingertips come to point upwards, and then the palms come back together as you roll the *namaste* gesture back into the starting position, resting on the heart.



**INHALE** with the hands in *namaste* at the heart, and repeat as many times as you enjoy, synchronising hand movements with breath.

