

Mudra

Nose Gesture

Nasagra Mudra

To close the nostrils, in the various breathing techniques where this is necessary, Nasagra Mudra is a simple and effective solution. It permits the elbow to be open and the wrist to be straight and relaxed.

In order to close the nostril, the pressure applied at the base of the nasal bone is executed with the tip of the fingertip and is very delicate.

