

# Mudras Introduction Quiz

1. Define "mudra" and explain the types of techniques encompassed within the practice of *mudras*.

2. How are *mudras* related to *Hatha* Yoga?

3. From which original source texts are *mudras* introduced?

4. In addition to hand *mudras*, what other classes of *mudras* are taught within *Hatha* Yoga?

5. What is the purpose / effect of *mudras*?

6. What are some reasons to include *mudras* in your practice and teaching?

Baxter Bell, MD shares these reasons for practicing and teaching *mudras*: