



Yoga & Ayurveda

Season 1 with Ali Cramer

Planetary Breakdown (1 of 2)

Sun

Mudra: Surya Mudra

Relates to: Celebration, Family, Benevolence, Joy

Dosha: The best aspects of Pitta (generous, charismatic, smart)

Useful for: If you're feeling low energy, disconnected, blue, want to attract community, love

Color: Yellow, orange

Mantra: See "Surya Namaskara" pdf attached to Episode 2

Full Moon

Mudra: Varuna Mudra

Relates to: Sensuality, fertility, being social, dancing, singing, being more extroverted

Dosha: Vata & Kapha - constant change (Vata) rules water & the tides (Kapha)

Useful for: If you've been feeling a lack of creativity, sensuality, cut off from pleasure, been working too much

Color: Silver, gray, white

Mantra: *Om Cham Chandraya Namaha*

New Moon

Mudra: Varuna Mudra

Relates to: Going inward, quiet, meditative practices, self care, silence, being more introverted

Dosha: Vata & Kapha - constant change (Vata) rules water & the tides (Kapha)

Useful for: If you're feeling drained, exhausted, been doing too much, giving too much, need to replenish and restore

Color: Silver, gray, white

Mantra: *Om Cham Chandraya Namaha*

Mars

Mudra: Mudra of Unshakeable Trust (*Vajrapradama*)

Relates to: Strength, decisiveness, leadership

Dosha: Pitta

Useful for: Commitment, physical and mental strength, clarity

Color: Red

Mantra: *Om Kum Kujaya Namaha*



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Planetary Breakdown (2 of 2)

Mercury

Mudra: Akasha Mudra

Relates to: Communication, spontaneity, quick thinking

Dosha: Tridoshic

Useful For: Better communication, help with speaking truth or public speaking, better listening skills, both internally and externally

Color: Green

Mantra: *Om Bum Buddhaye Namaha*

Jupiter

Mudra: Mudra of the Inner Self

Relates to: Teachers, Teaching, Studentship, Acquisition of Knowledge, Intuition

Dosha: Kapha

Useful for: Strengthening Intuition, Showing reverence for teachers/teachings. getting the “lesson” out of challenging situations

Color: Yellow

Mantra: *Om Brim Brihaspataye Namaha*

Venus

Mudra: Venus Mudra

Relates to: Self care, sensuality, beauty, the Arts, Devotion

Dosha: Kapha

Useful for: Creating a beautiful home, feeling “in the flow” of creativity and fulfillment, calling in sensuality and self care, abundance

Color: Pink, shimmery colors

Mantra: *Om Shum Shukraya Namaha*

Saturn

Mudra: Mudra of Highest Enlightenment (*Uttara Bodhi*)

Relates to: Change, withdrawal, acknowledgment of darkness, clearing Karma

Dosha: Vata

Useful for: Taking a step back from society, spiritual advancement, silence and stillness, thinking differently

Color: Dark blue or black

Mantra: *Om Shan Shanacharya Namaha*