

POWERFUL POSTPARTUM

Many new mothers
postpone spiritual
practice, waiting for the
perfect moment...

nap time

bed time

school in session

later years

when feeling better

If we wait for a still ocean
to have a swim, we will
never put a toe in the
water.

In the ups and downs of
parenting we must perfect
the art of swimming in the
ocean despite the waves.



There is a center within us
that is untouched by the
outside world,



and when we tap into this
place of clarity, even in
tiny moments, we create a
shift in our energy field
that is palpable to
ourselves and all we
encounter.

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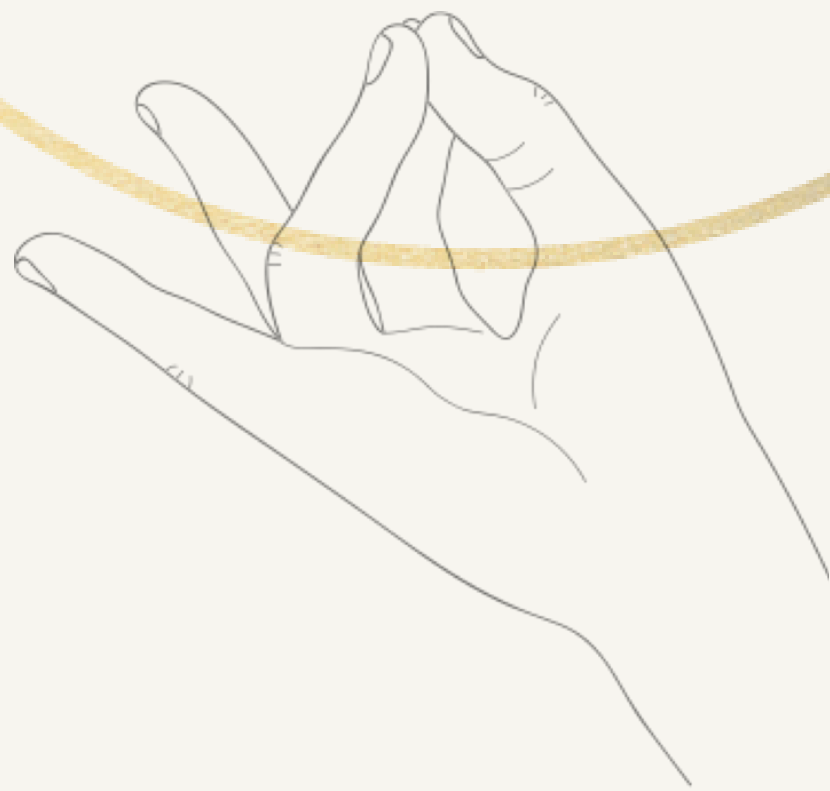


Don't postpone.

in spite of problems,
practice.

you will find a different
energy unfolds.

I have three simple but
powerful mudras for the
new mother to use
right now.



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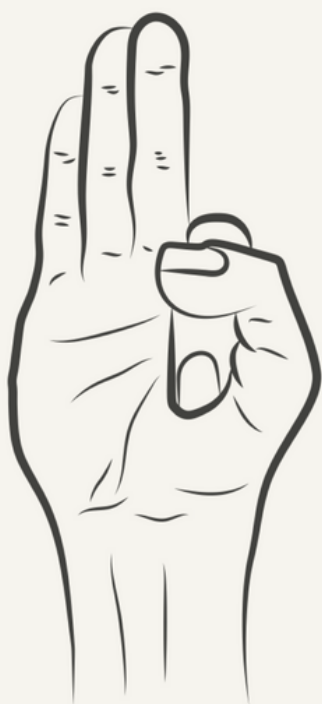
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Rudra Mudra



Ganesha-Mudra



VAYU
MUDRA

Loosely stated, Mudras are postures usually of the hands used in Hinduism, Jainism and Buddhism that affect the flow of vital energy.

MUDRAS



New mothers are in the midst of a powerful transformation, and the Rudra Mudra works to connect you with your personal power center.

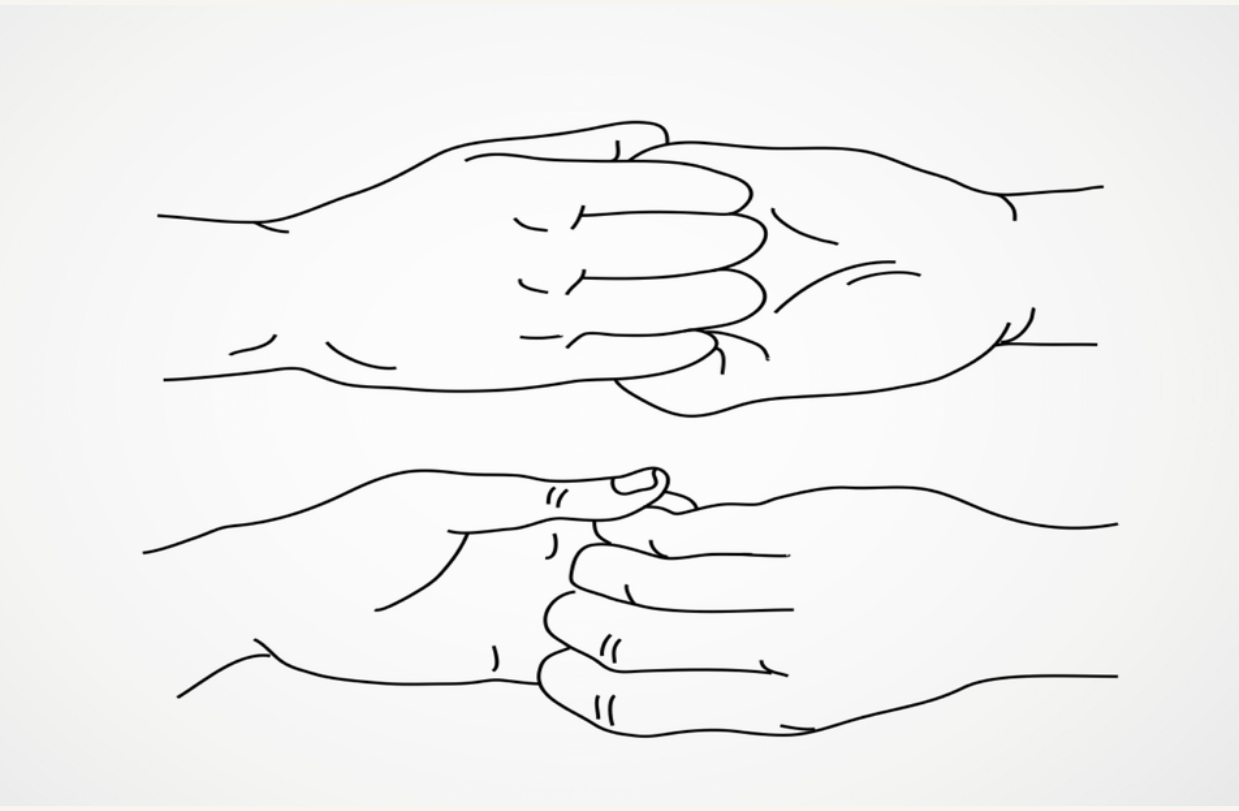
This can also help with chronic exhaustion and tension, which new mother are no stranger to. use rudra mudra to Energize and connect to your solar power.

Posture: Connect thumb to index and ring finger and keep other fingers as straight as possible. Sit straight with palms facing up on thighs.

Practice: Focus on inhale and exhale.

For best results do this for 20 minutes total, and it can be broken up into 5 minute sessions.

RUDRA MUDRA

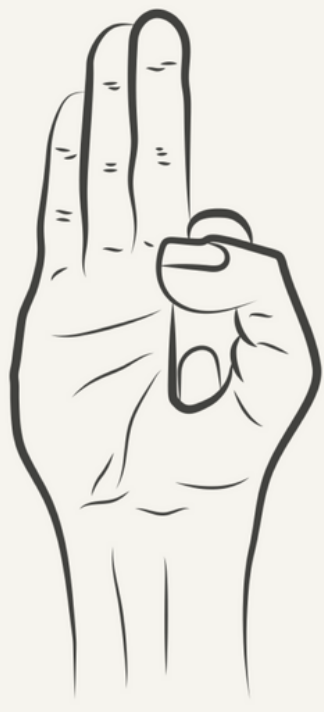


The Ganesha Mudra can help you gain confidence in dealing with the many challenges and obstacles of motherhood. This may help release tension in the heart area and open to creative connective approaches in the tender moments of early motherhood.

Posture: Left hand in front of heart with palm outward and thumb down. Right hand faces inward. Right hand locks fingers with the left.

Practice: Inhale. As you exhale pull outwardly without unlocking fingers. Repeat for 6 breaths and then reverse the hands. Breathe for 6 more breaths.

GANESHA MUDRA



VAYU MUDRA

When a new mother is sleep deprived, her mind is not getting the downtime, processing time, or some even call “no-mind” or “God time”, that sleep allows. It is very easy to enter a state of mental over-activity when we are not sleeping well. The Vayu Mudra is powerful in calming an anxious mind and bringing a bit of balance to an overactive nervous system.

Posture: The tip of the index fingers sits on the base of thumbs. Curl the thumbs over the index fingers. The other three fingers are straight. Sit with palms facing up on thighs.

Practice: Gently breathe in this position. Ideally this is a 15 minute meditation, but can be broken up into shorter sessions.

Don't be a stranger!

please let me know how these practices
work for you.

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