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YOGA: TO PRESERVE YOUTH AND BEAUTY

## VIPAREET KARANI MUDRA

The inverted posture of this mudra makes the body fluids flow down to the head and mix with the nectar of the bindu chakra which is then assimilated into the system. The meaning of Vipareet Karani is that which reverses.

### Technique

- Lie down on your back.
- Lift the body up from above the waist.
- Support the trunk with your hands.
- Straighten the legs to a vertical position.
- The trunk should be held at 45 degree to the floor.
- Breathe normally and hold the posture for a comfortable duration.
- Slowly return to the starting position.



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