



How to do prostration:

The shortest prostration

1. Stand up, place hands together, thumbs cupped inside, at heart with fingertips pointing upward (prostration mudra).



It's best to bend at the waist when the hands are at the heart.

- After prostrating for the last time, place hands in mudra, touch crown, forehead, throat, and heart, finishing with mudra at the heart.
- If one is very unwell and unable to stand, it is then acceptable to sit with hands in mudra at heart.