Sunrise Breath (Surya Bhedana Pranayama)

Surya Bhedana stimulates the body's energy and warms the system. It involves inhaling through the right nostril and exhaling through the left, activating the sympathetic nervous system and increasing alertness.

*Avoid If You Have High Blood Pressure, Anxiety or Heart Conditions.*

**Steps**

1. Find a Comfortable Seated Position

* Sit in a cross-legged position (e.g., Sukhasana or Padmasana) with a straight spine.
* Relax your shoulders and close your eyes.

1. Use the Vishnu Mudra (Hand Position)

* Bring your right hand up and fold the index and middle fingers toward your palm.
* Use your thumb to close the left nostril and your ring finger to close the right nostril.

1. Inhale Through the Right Nostril

* Close your left nostril with your right thumb.
* Take a deep, slow inhale through the right nostril, expanding your belly, and filling your lungs completely.

1. Exhale Through the Left Nostril

* Close your right nostril with your ring finger.
* Release your left nostril and exhale fully and slowly through it.

1. Repeat the Cycle

* Continue for 3–4 minutes.
* Maintain a calm and steady breath.

**Tips for Practicing Sunrise Breath**

* Practice on an Empty Stomach – Best done in the morning before eating.
* Maintain a Gentle and Steady Breath – Avoid forcing the inhale or exhale.
* Keep Your Eyes Closed – Enhances focus and internal awareness.