

...A courtesy practice written by Ginger Garner MPT, ATC...an imprint of Elemental Renewal & Living Well, Inc.

Sun Rising Breath - *Surya Bedhana*- ('surya' = sun; 'bed' = pierce) (soo-ree-yuh bed-han-nuh)

Intention

1. A breath for rising or increasing heat
2. Heating
3. Clarifying
4. Tonifying
5. Rejuvenating
6. Awakening for left hemisphere of brain
7. Energizing

Starting Position – any posture, but usually in seated meditation posture

Action

All inhalations are done through the right nostril and all exhalations through the left. *Prana* is channeled through the *surya nadi* during inhale and in the *chandra nadi* during exhale.

1. Sit comfortably.
2. Bring the right hand to the nostril as shown in the picture at right.
3. Inhale steadily and slowly through a partially closed right nostril until the lungs are full.
4. Block the right nostril completely without deviating the septum/pushing the nose to the side.
5. Release pressure partially on the left nostril and exhale slowly and steadily till the lungs are empty.
6. Repeat as many times as you are comfortable.

Tips

1. If you cannot perform this breath by closing the nostril with the finger hold, then imagine you are doing so.
2. Not to be performed at night.
3. Not to be performed without first learning and to a certain degree, perfecting the previous breath types we have learned.
4. Do not perform *chandra bedhana* (the breath type I'll introduce tomorrow) in the same practice.

WARNING - not for use when already heated or when heat is a contraindication; overheated; agitated; trying to achieve sleep or rest; not for use during pregnancy or with high blood pressure.



How to hold the fingers for this sun breath