

### Right Nostril Breathing (Surya Bhedana Pranayama)

*For Solar Plexus Activation, Confidence, and Inner Power*

#### **Benefits:**

- Stimulates the Solar Plexus chakra (Manipura)
- Boosts confidence, clarity, and motivation
- Increases warmth and energy in the body (activates the sympathetic nervous system)
- Helps balance lethargy, low self-esteem, and indecision

#### **How to Practice (3-7 minutes):**

- Find a quiet space and sit comfortably with a straight spine.
- Rest your left hand in your lap (palm up or down).
- Raise your right hand. Use your right thumb to close your left nostril gently.
- Inhale slowly and deeply through your right nostril only.
- Pause briefly at the top of the inhale (optional).
- Exhale slowly through the right nostril (keep the left nostril closed the whole time).
- Repeat this for 10-21 rounds (or for 3-7 minutes total).
- Focus your attention on the area above your navel-the Solar Plexus-as you breathe. Visualize a golden-yellow light expanding with each inhale.

#### **Tips & Precautions:**

- Do this in the morning or daytime only; right nostril breathing is warming and stimulating, not ideal before bed.
- Avoid if you're feeling overheated, anxious, or have high blood pressure.
- Always breathe gently-never force your breath.