

INNER SUN PRANAYAMA TO BOOST THE IMMUNE SYSTEM

Posture:

Sit in Sukhasana (Easy Pose), elongating the spine.

Focus:

Concentrate at the Brow Point.



Mudra and breath:

- Bend the left arm and raise the hand up to shoulder level with The palm facing forward.
- Grab the ring finger with the thumb and keep the rest of the fingers stretched
- Make a fist with the right hand, keeping the index finger extended and use that finger to gently close the right nostril.
- If you know Breath of Fire, begin a steady, Breath of Fire through your left nostril
- If you don't know it, begin a short abdominal breath, allowing your abdomen to move out when you inhale and in when you exhale

Time:

Continue for 3 minutes. Very gradually increase the time to 5 minutes.

To End:

- Inhale deeply and hold the breath.
- As the breath is held, interlace all the fingers and put the palms in front at the level of the sternum, and a few centimeter away from the body.
- Try to pull the fingers apart with all force. Resist and create a great tension.
- When you need, exhale.
- Repeat this sequence 3 more times.
- On the last exhale, discharge the breath through an "O" shaped mouth and then relax.

