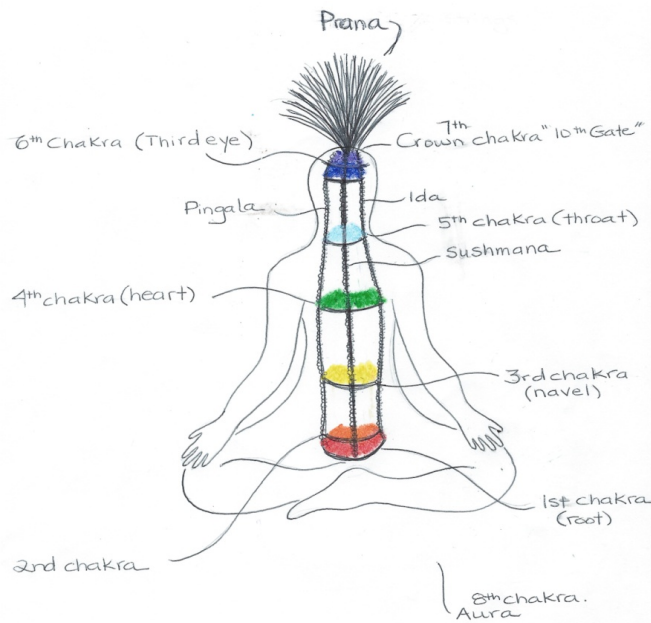


Right Nostril - Right Side of Body - Left Brain	Left Nostril - Left Side of Body – Right Brain
HA Surya Bhedana (<i>soor-yah beh-DAH-na</i>) <i>surya</i> = sun , <i>bhedana</i> = piercing	THA Chandra Bhedana (<i>chahn-drah</i>) <i>chandra</i> = moon
Pingala Nadi - extroverted/active – ends at the right nostril	Ida Nadi - introverted/passive – ends at the left nostril
Prana - beating of heart and breathing	Apana - elimination of waste via lungs and excretory systems
Sun Energy – warming, projective	Moon energy – cooling, receptive
Male energy (rational)	Female energy (intuitive)
<i>vigor, alertness, will power, concentration, action, logic, physical activity</i>	<i>calmness, sensitivity, empathy, synthesis, creativity, resting, relaxing, sleep, meditation</i>
Connected to LEFT brain hemisphere	Connected to RIGHT brain hemisphere
Sympathetic Nervous System	Parasympathetic Nervous System
Yang	Yin
Both Left and Right Nostril = Central Nervous System	



Longer Inhale (and/or retained inhale*)	Longer Exhale (and/or retained exhale*)
Sympathetic Nervous System	Parasympathetic Nervous System
increases heart rate relaxes bronchi inhibits digestive activity triggers alertness fight or flight response	decreases heart rate constricts bronchi stimulates digestive activity triggers rest relaxation response

**avoid breath retention during pregnancy*