

## Surya Mudra Mudra of the Sun



### **Method:**

Bend the ring finger and press it with thumb.

### **Specialty:**

Correlates to the thyroid gland.

### **Time duration:**

Practice twice daily for 5 to 15 minutes.

### **Benefits, but no guarantees!!! :**

- Reduces cholesterol in body and helps in reducing weight
- Reduces anxiety
- Corrects or relieves indigestion
- This Mudra helps to heat the body and raises the metabolism.
- Thus, it is an excellent posture for those who want to lose weight.
- It can also be used to treat common colds.