



Alternate Nostril Breathing

This breathing practice – called **Nadi Suddhi Pranayama** translates into “the purifications of the invisible energy channels”

Alternate nostril breathing is a yoga breathing technique meant to induce a sense of calm that may also lower blood pressure.

Nadi Shuddhi has been proven to have numerous mental health benefits, ranging from increasing your memory power to improving concentration and allowing you to gain clarity, purpose, and direction in your life. On the physical side, it helps your body to strengthen the lungs and improve breath capacity, increase blood flow, raise your vital energy, relax the nervous system, quiet the mind, and boost the immune system.

Remember, its normal that one nostril breathes better than the other, and its normal that your nostrils may make sounds – its okay – so don't worry about anyone else hearing you – just focus on yourself.

Focus your thoughts on your breath, and if other thoughts or feelings come into focus, acknowledge them and refocus on your breath.

Breathe slowly and deeply at all times. You can repeat a mantra in your mind if that helps. An easy one to remember is: “Inhale I know I am breathing in... Exhale I know I am breathing out”

Get ready to begin – find a comfortable position sitting, standing, or lying down

Take right or left hand (whichever you prefer) and make into a gentle fist

Extend the last two fingers and thumb and bring to your nose

(ALTERNATIVE – bring your fingers to forehead, press index finger and middle finger to middle of forehead)

Inhale deeply

Close your right nostril and exhale from the left nostril

Inhale from the left nostril, close it and open the right nostril

Exhale through the right nostril, inhale from the right nostril, close it and open the left nostril

Exhale from the left nostril,

That is one count/cycle

Inhale from the left nostril, close it and open the right nostril and continue the pattern.

Continue for 10 cycles to begin with and gradually work your way up to a few minutes.