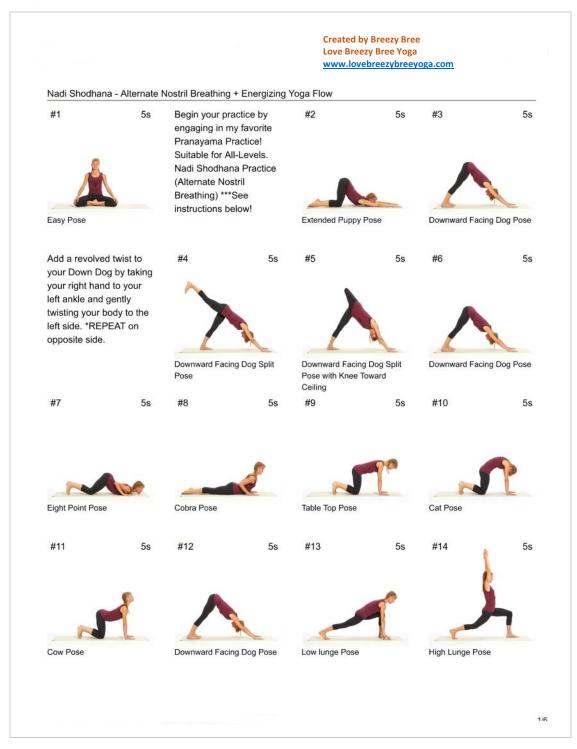
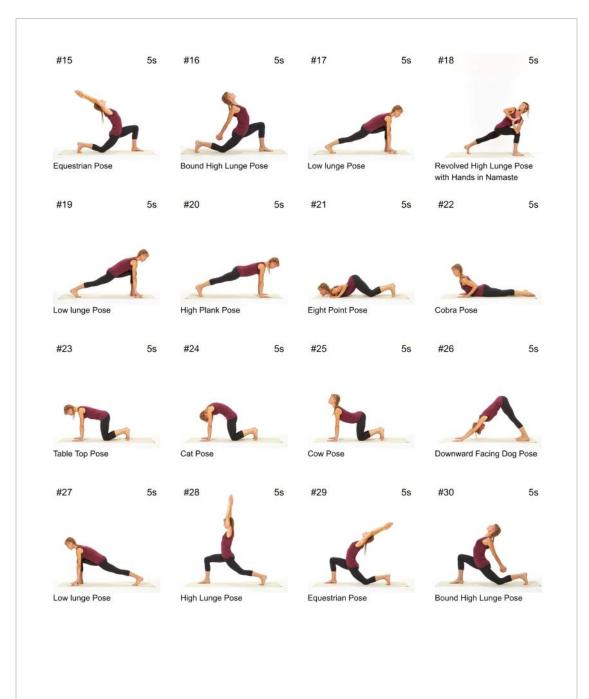
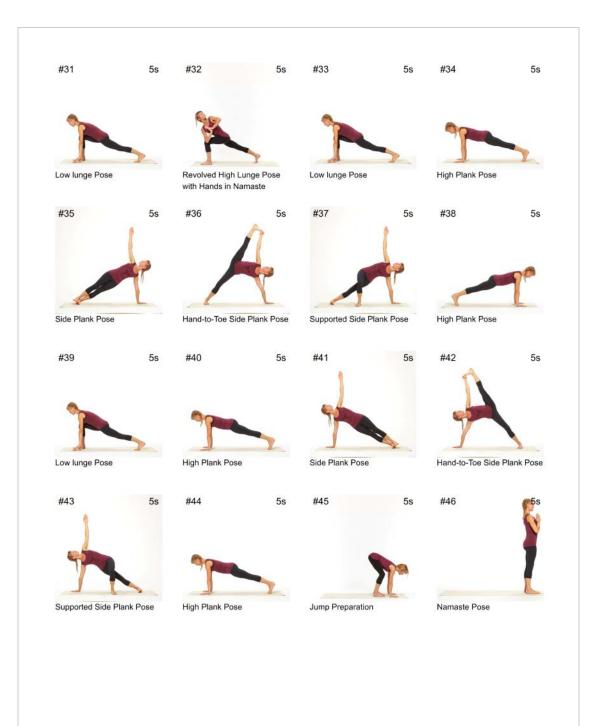
## Nadi Shodhana - Alternate Nostril Breathing + Energizing Yoga Flow

Sunday, March 10, 2019 9:10 PM

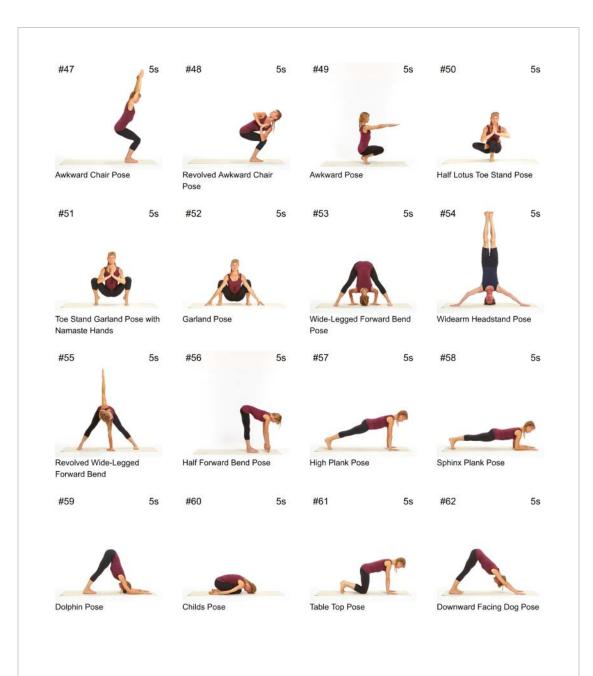




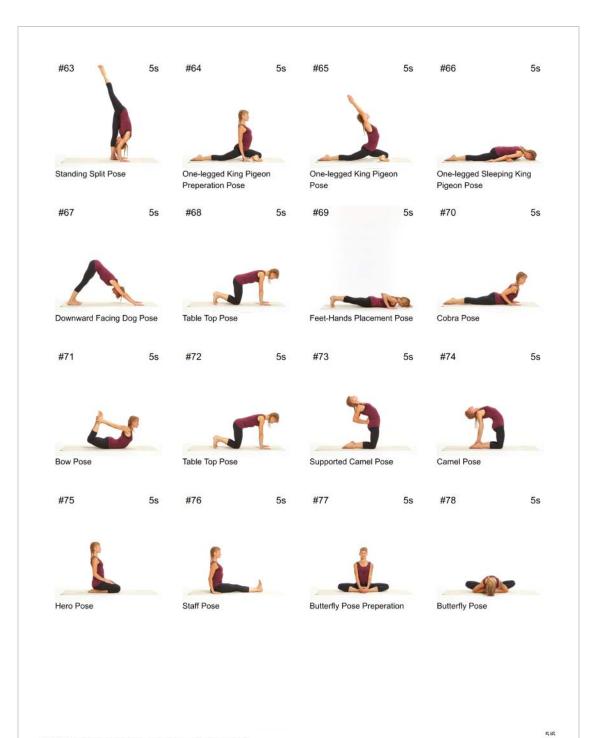
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## **Nadi Shodhana Practice**

Next time you find yourself doing too many things at once, or you sense panic or anxiety begin to rise, move through a few rounds of alternate nostril breathing. It's a great way to hit the reset button for your mental state.

- 1. Take a comfortable and tall seat, making sure your spine is straight and your heart is open.
- 2. Relax your left palm comfortably into your lap and bring your right hand just in front of your face.
- 3. With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers we'll be actively using are the thumb and ring finger.
- 4. Close your eyes and take a deep breath in and out through your nose.
- 5. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.
- 6. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause.
- 7. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale.
- 8. Inhale through the right side slowly.
- 9. Hold both nostrils closed (with ring finger and thumb).
- 10. Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom.
- 11. Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.

  Steps 5-9 represent one complete cycle of alternate nostril breathing. If you're moving through the sequence slowly, one cycle should take you about 30-40 seconds. Move through 5-10 cycles when you're feeling stressed, anxious, or in need of a reset button.

<u>Tip</u>: Consistency is helpful, so try to match the length of your inhales, pauses, and exhales. For example, you can start to inhale for a count of five, hold for five, exhale for five, hold for five. You can slowly increase your count as you refine your practice to the property of the

6/6