

# Alternate nostril breathing



## **Level 1:** *Anulom – Vilom Pranayama (thumb and 3<sup>rd</sup> finger, no hold)*

- Sit comfortably, spine tall, rest your hands on your knees and close your eyes.
- Close the right nostril with the right thumb, rest index finger on forehead, 3<sup>rd</sup> finger rests near the left nostril.
  - Inhale: slowly through the left nostril, filling slowly and completely.
- Remove your thumb from your right nostril as you exhale through both nostrils and relax.
- Close the left nostril with your 3<sup>rd</sup> finger
  - Inhale: slowly through the right nostril, filling slowly and completely
- Remove the finger from the left nostril as you exhale through both and relax.
- Continue for about 5 min.
- Work on focus and concentration while being relaxed.

## **Level 2:** *Nadi Shodhana Pranayama (thumb and 4<sup>th</sup> finger + hold)*

- Sit comfortably, spine tall, rest your hands on your knees and close your eyes.
- Close the right nostril with the right thumb, rest index finger and 3<sup>rd</sup> finger on the forehead, 4<sup>th</sup> finger rests near the left nostril.
- Inhale through the left nostril:
  - When the lungs feel full, close the left nostril (*both nostrils are closed*)
  - Pause: hold your breath as long as comfortable
- Exhale through the right nostril.
- Inhale through the left nostril.
  - Fill... hold (*both nostrils closed*)
- Exhale through the left

That completes 1 cycle: repeat 3 – 5 more times

## **Benefits for both:**

Helps to ease mental problems like Depression, Anxiety, and Tension etc.

Beneficial for breathing related problems like (Bronchitis, Asthma) etc.

Improves the working of the lungs.

Ideal for a healthy heart.