

Alternate Nostril Breathing

1. Sit down in a comfortable position with your spine straight.
2. Bring awareness to your breath for a few cycles.
3. Start doing a few cycles of deep breathing.
4. At the end of the last exhalation, use the right thumb to gently seal the right nostril.
5. Inhale through the left nostril counting up to 4.
6. As you reach the top of the inhale, release the thumb and seal the left nostril with your right ring finger.
7. Exhale through the right nostril.
8. Keep the right nostril open and inhale.
9. As you reach the top of the inhale, release the ring finger and seal the right nostril with your right thumb.
10. Exhale through the left.
11. Repeat this cycle for at least 5 times.

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