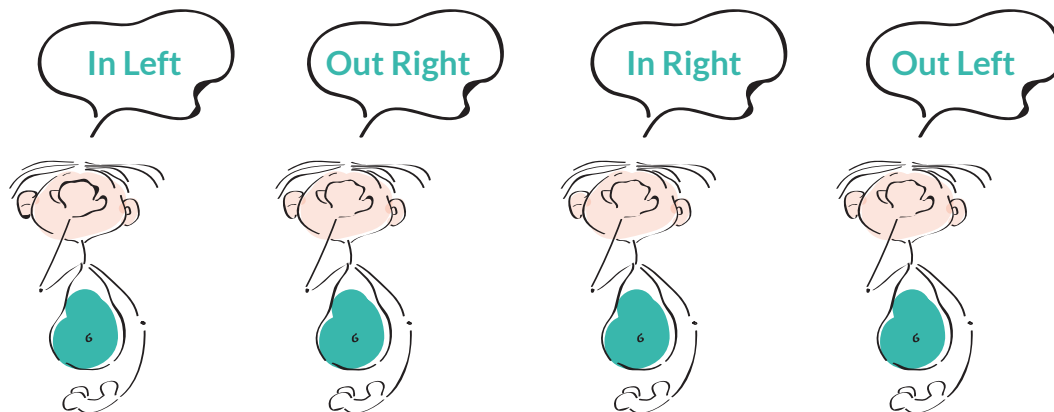


Alternate Nostril Breathing

also called “Nadhi Shodhana”.



Finger Positions



INSTRUCTIONS:

Sit closing your eyes. Use your right thumb to gently close your right nostril. Inhale slowly and calmly through your left nostril. Close the left nostril with the right ring finger. Pause. Then move your right thumb to open your right nostril and exhale through it slowly. Inhale slowly through your right nostril. Close it with your thumb and pause. Move your ring finger and exhale slowly through the left nostril. Repeat at least 6 times.

BENEFITS:

Balances the right and left hemispheres of the brain.
Reduces stress and anxiety.
Clears your mind, energizes it, and improves focus.
Lowers the heart rate and blood pressure.
Strengthens the lungs and nervous system.