

Alternate Nostril Breathing

This meditation practice is meant to balance your sympathetic and parasympathetic nervous systems in which the nerves in your nose are connected. This practice provides enough attention to the mind to keep your mind from wandering too much. If your mind begins to wander, use the sensation of your breathing and the sequence of the alternating as an anchor back into the practice. Some things to be aware of, if you have a deviated septum this may not be the practice for you. Next you may notice one of your nostrils will be more clogged than the other, this is completely normal.

Practice Instructions:

- The spine should be straight for meditation so this practice can be done sitting up straight, standing up, or laying down
- Block/press down on your right nostril with your thumb or index finger using your right hand.
- Inhale through the left nostril
- Now block/press down on the left nostril with your ring and middle finger
- Exhale through the right nostril
- Then, inhale through same the right nostril
- Block the right nostril with your thumb or index finger using your right hand
- Exhale through the left nostril
- *This completes one round*
- *Practice this for 9 rounds (18 breaths) to begin with.*
- After the rounds, relax your hands and breathe naturally. Allow yourself time to sit in this space. Notice the slowness of your breath and how calm you feel.
- When you are ready take two slow deep breaths and when you exhale on the second breathe open your eyes.

Sequence:

Start by Blocking the right

- | | |
|-------------------------|-------------------------|
| 1. Inhale in left | 1. Inhale in left |
| 2. Block left (switch) | 2. Block left (switch) |
| 3. Exhale out right | 3. Exhale out right |
| 4. Inhale in right | 4. Inhale in right |
| 5. Block right (switch) | 5. Block right (switch) |
| 6. Exhale out left | 6. Exhale out left |

The goal is to start by doing this for 3-5 mins then 10 mins going up eventually to 20 mins.