

## Nadi Shodhana - alternate nostril breathing.

A beautiful gentle breathing technique, is suitable for everyone to balance the breath, the energy levels and the hemispheres of the brain . A few minutes of Nadi Shodhana pranayama in a day helps de-stress the mind and release tension and fatigue. It helps to keep the nadis, energy channels clear so energy can flow. All this helps to calm the mind.



First two fingers of the right hand, lightly placed at eyebrow centre, use thumb and ring finger to close the nostrils. This is Nasagra Mudra.



Or if more comfortable you can bring the first two fingers of the right hand, into the palm and still use the thumb and ring finger to close the nostrils. This is Vishnu Mudra.

The left hand remains in chin mudra (thumb and index finger touching, palm up) on the left leg.

Start by breathing out of both nostrils. Close the right and inhale through the left. Close the left, release the right to breathe out. Inhale right, close it, release the left and exhale. This is one round. Continue, working up to ten minutes over some time. If you are feeling really congested due to a cold do it psychically without the hands... this is more challenging but still effective.

Remember that during the practice there is no strain or force. There is silence within the nostrils. This is the first stage of the practice.