



PRANAYAMA

Day 5

Breath is everything

It's our alpha and omega—our first and last. Cultivating a steady, soft, even, deep inhale and exhale will calm your nervous system, oxygenate your brain, and help you stay centred and connected.

Caution

This practice is designed to promote calm, but for some people breath work may overstimulate their nervous system and may even trigger a stress response. If you know or strongly suspect this about yourself, please skip this practice.

A comfortable position

Before you begin, make yourself comfortable either sitting in a chair, on the floor, or in your bed.

Consider closing your eyes or maintaining a soft gaze, whichever feels best for you.

To Begin

With your right hand place your pointer and index fingers in the middle of your forehead above the space between your eyebrows.

Gently place your right thumb on the outer edge of your right nostril and press softly until that nostril is blocked.

Bend your right ring and pinky fingers down towards your palm.

Round 1

Take a slow, steady inhale through your left, unblocked nostril.

Gently place your right ring finger on your left nostril and press softly until that nostril is blocked.

Lift your right thumb to unblock your right nostril and exhale through that nostril.

Keep your right nostril unblocked as you take a slow, steady inhale.

Block your right nostril and release your ring finger to unblock your left nostril and steadily exhale.

Round 2

Repeat the sequence on the other side. Inhale through your unblocked left nostril. Block your left nostril. Exhale and inhale through your right nostril.

Continue

Keep repeating the sequence for nine complete rounds, or play some gentle music to accompany a five to ten minute session.

To End

Take five to ten breaths in your natural rhythm, then vigorously rub both hands together to generate heat in your palms. Gently press your palms onto your face, release and open our eyes.

