

# ALTERNATE NOSTRIL BREATHING to calm and aid with sleep

Alternate nostril breathing works quite effortlessly and when you practice it, your stress levels will even out, your body will relax and calm. This practice balances the energies on both sides of the body, brings both hemispheres of the brain into harmony thereby balancing physical and emotional well-being.

Alternate nostril breathing is a lifesaver for many who feel stressed or can't sleep. The great thing about this practice is you can do it almost anywhere (just not when you're driving or if you have low blood pressure) and the more you practice, the easier the flow becomes ~ your body has a memory and brings you to a state of calm faster. If you do have trouble sleeping, try this practice before going to bed or if you wake up in the night.

Sit in a comfortable, seated position. Breathe naturally as your body gets settled. Rest your left hand by your navel.

Make a "peace sign" with your right hand. Fold the two extended fingers toward the palm. Place your thumb gently onto your right nostril. Place your ring and little fingers gently onto your left nostril.

Close your eyes and begin by softly closing your right nostril (using your right thumb) and inhale slowly, deeply and gently through your left nostril.

Close your left nostril (using your ring and little fingers) and release fingers from your right. Exhale through your right nostril. Inhale through your right nostril.

Close your right nostril with your thumb and release fingers from your left. Exhale out your left nostril. This completes one round. Continue these steps as you feel your body relax and quiet. Breathe naturally for a few moments before opening your eyes. If you have wanted to start a meditation practice, this may just what you need.

