

## Breathing for Well-being: Alternate Nostril Breathing Technique

*This simple and powerful technique is easy to do, yet creates a deep sense of well-being and harmony on the physical, mental and emotional levels. It is integrating and grounding, and induces the systemic functions of the entire brain by balancing the right and left hemispheres. It can be helpful in dealing with headaches, migraines and other stress-related symptoms.*

*Inhaling left, exhaling right helps to make you calm and integrates unwanted negative emotions and stress. This part of the breathing exercise is excellent by itself before bed.*

*Inhaling right, exhaling left gives clarity and a positive mood. It helps to focus on what is important.*

### Getting Started:

- In this exercise, the breath is always relaxed, deep and full.
- Practice for a span of 3 minutes to 30 minutes.

### To Begin:

1. Sit in a comfortable position.
2. Use the thumb of the right hand to close the right nostril and the index finger or ring finger of the right hand to close the left nostril.
3. Close one nostril and slowly, deeply and fully inhale through that nostril. Then close the opposite nostril and slowly, deeply and fully exhale, bringing the navel towards the spine.
4. Continue this pattern.

### To End:

1. Inhale through both nostrils, hold and then exhale completely. Sit still for a moment before you return to your day.

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