

Alternate Nostril Breathing



Alternate nostril breathing, or **Nadi Shodhana**, is a controlled breathing technique used in yoga.

Benefits of alternate nostril breathing include:

- **Improved focus and mental clarity** - this breathing can be useful before stressful events
- **Lowered anxiety** - the slowed breathing helps to regulate the nervous system and help with grounding

A step-by-step guide

1. Sit comfortably with your spine upright. Relax your shoulders and keep your head aligned with your spine.
2. Using your right hand, fold your index and middle fingers toward your palm, leaving your thumb and ring finger free. Your thumb will close your right nostril, your ring finger will close your left nostril.
3. Close your right nostril with your thumb and Inhale slowly through your left nostril. Close your left nostril with your ring finger, release your right nostril. Exhale through your right nostril (same duration as inhale). Inhale through your right nostril Close the right nostril, release the left nostril, and exhale through the left nostril.
4. Repeat the cycle a few times, gradually increasing overall duration as you get more comfortable with the practice.