

Alternate Nostril Breathing

The principle benefit of practicing Alternate Nostril Breathing, or Anuloma Viloma, is that it strengthens the respiratory system. Since exhalation is twice as long as inhalation, stale air, and waste products are drained and expelled from the lungs and the entire body. Alternative Nostril Breathing calms and balances the mind; you should try to perform at least 10 rounds daily. Begin with the right hand in the Vishnu Mudra position and the thumb on the right nostril. When exhaling, try to empty the lungs completely.

RIGHT-HANDED: using the right-hand use the thumb to close the right nostril and ring the finger to close the left nostril.

LEFT-HANDED: using the left-hand use a ring finger to close the right nostril and thumb to close the left nostril.

Directions: Read through before starting

- Close the Right nostril and inhale through the Left nostril (do not exhale)
- Close both nostrils
- Open Right nostril and exhale
- Keep the Left nostril closed and inhale through the Right nostril (do not exhale)
- Close both nostrils
- Open the Left nostril and exhale. This is one round. Repeat for several minutes or 10 rounds.

Left nostril –is Cooling | Right nostril – is Heating