

Alternate Nostril Breathing

Purpose

To rebalance energy, increase focus, and create a level-headed feeling

Length

3–5 minutes

Breath

- Through the nose with the mouth closed
- Into the belly: If you have trouble with this, place your hand on your stomach and breathe into your hand
- Full: Inhale all the way in and all the way out—take your time

Steps

1. Pick two fingers on your dominate hand—one finger to close your right nostril with (I use my thumb) and one to close your left nostril (I usually use my index finger—the ring finger is more traditionally used).
2. Breathe out of both nostrils.
3. Close your right nostril and breathe in through your left nostril.
4. Alternate: close your left nostril and breathe out of your right nostril.
5. Breathe into your right nostril.
6. Alternate: close your right nostril and breathe out of your left nostril.
7. Breathe into your left nostril.
8. Continue to alternate between nostrils, breathing deeply for 3 minutes at minimum.
9. Once time is up, take a deep breath in and out of both nostrils several times. Take a moment to notice how you feel and any feelings that may have come up.

