

Left Nostril Breathing

Purpose

To calm your energy, cool yourself down, or relieve anxiety

Length

3–5 minutes

Breath

- Through your nose with your mouth closed
- Into your belly: If you have trouble doing this, place your hand on your stomach and breathe into your hand
- Full breath: Inhale all the way in and all the way out—don't rush it

Steps

1. Close your right nostril with your index finger or thumb—no air should be going in/out of the right nostril.
2. Breathe in and out of the left nostril slowly for 3 minutes at minimum.
3. When time is up, take a few deep breaths into and out of both nostrils. Take a minute to notice any changes or feelings that come up.

