

## ALTERNATE NOSTRIL BREATHING (Nadi Shodhana Pranayama)

### Purposes:

*Balance sympathetic and parasympathetic nervous systems*

*Balance right and left brain*

*Slow breathing cycle to 4 breaths per minute to promote relaxation*

- Take a deep inhale
- Close your right nostril with your thumb and exhale through the left nostril for 4 seconds
- Keeping the right nostril closed, close your left nostril with your pinky and ring fingers, drop your chin to your collar bones, and hold for 4 seconds
- Release your left nostril, lift your chin, and inhale through the left nostril for 4 seconds
- Keeping the right nostril closed, close your left nostril with your pinky and ring fingers, drop your chin to your collar bones, and hold for 4 seconds
- Release your right nostril, lift your chin, and exhale through the right nostril for 4 seconds
- Keeping the left nostril closed, close your right nostril with your thumb, drop your chin to your collar bones, and hold for 4 seconds
- Release your right nostril, lift your chin, and inhale through the right nostril for 4 seconds
- Keeping your left nostril closed, close your right nostril with your thumb, drop your chin to your collar bones, and hold for 4 seconds

Repeat 3 times

Follow with 5 minutes of “Clear Mind, Don’t Know” meditation ~ Inhale “Clear Mind,” exhale “Don’t Know”

Walking meditation~Bring awareness to sounds in the environment and the sensation of your feet touching and lifting away from the earth