

How to Practice Alternate Nostril Breathing

Find a place and time where you won't be interrupted for at least 10–15 minutes. Sit comfortably with your back straight, if possible. You can select calm spa-like music to help you relax.

Close your eyes. Feel the space and take a few regular breathes.

- Using your dominant hand, close your left nostril with your pointing finger and breathe in through your right nostril.
- Now close your right nostril with your thumb and breathe out through your left nostril.
- Then breathe in through left nostril, then close your left nostril with your pointing finger and breathe out through your right nostril.

Repeat this pattern for at least three to five minutes.

Then do the practice and take a brief pause between inhale and exhale.

Repeat this pattern for at least three to five minutes.

After some practice you won't have to use your fingers to control the breathing.

