

Breath Work Technique #3

3. Alternate Nostril Breathing

- Use your thumb and ring finger as pinchers or your thumb and pinky finger if it's easier. If you use your right hand your thumb will be used to close off your right nostril and ring finger for the left side
- Begin by sitting upright in a comfortable position
- Close off the right nostril and exhale through the left
- Inhale through the left, close it with the ring finger, and exhale through the right side
- Inhale through the right, close it off with the thumb, and exhale through the left
- Repeat this process two more times to complete the first round
- Remove both fingers and take 3 cleansing breaths using both nostrils
- Repeat this for a second and third round pausing to breathe through both nostrils between each round for a total of 9 inhalations and exhalations through each nostril

