

## Nostril Breathing

Sit comfortably, making sure your spine is straight and your heart is open. Relax your left palm comfortably into your lap and bring your right hand just in front of your face.

With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor for your attention. The fingers we'll be actively using are the thumb and ring finger.

Now, close your eyes and take a deep breath in and out through your nose.

Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.

Then close the left nostril and open your right nostril and release the breath slowly through the right side; pause briefly at the end of the exhalation.

Then inhale through the right side slowly and quietly, and then open your left nostril and release breath slowly through the left side. Pause briefly at the end. That was one cycle.

Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.

