

## **Alternate Nostril Breathing**

1. Sit erect in a cross-legged posture or in a comfortable chair.
2. Close your eyes, rest your mind, place your right hand as shown in the picture. Let your right thumb rest lightly against your right nostril. Let your ring finger rest lightly against your left nostril. Exhale slowly.
3. Gently close your right nostril. Slowly and quietly inhale through your left nostril.
4. Close your left nostril, release pressure on your right nostril to open it, and exhale slowly and quietly.
5. Without pause, inhale through your right nostril slowly and quietly.
6. Press right nostril closed, open left, and exhale.
7. This completes one round. Continue to repeat the exercise continuously for about 5 minutes, then sit quietly with your eyelids lowered for about 2 minutes.

