

SARAH WILLIAMS MNIMH Assoc. MAPA

An alternate nostril breathing exercise to balance the dosas

Step one: Always start with an exhalation and then use your right thumb to close off your right nostril.

Step two: Inhale slowly through the left nostril

Step three: Pause for a second

Step four: Now close the left nostril with your ring finger and release your thumb off your right nostril

Step five: Exhale through your right nostril

Step six: Now, inhale through right nostril

Step seven: Pause

Step eight: Use thumb to close of right nostril

Step nine: Breathe out through your left nostril and then start again by breathing in through the left nostril and continue from step three

Start slowly with 1 or 2 rounds and gradually increase. Never force the practice. Sit quietly for a few moments after you have finished.