

### **Audio Exercise 12: Alternate Nostril Breathing**

Sit with your back straight and gently seal your lips. Rest your left hand on your left thigh, palm facing upward. Take your right hand in front of you with palm facing you. Put your index finger and middle finger together and take these fingers to your eyebrow centre. Take some gentle normal breaths in this position. Relax your shoulders.

You are going to use your right thumb to close your right nostril, and either your right ring or little finger to close your left nostril.

Start by closing your left nostril with your ring or little finger. Inhale through your right nostril and exhale through your right nostril. Repeat five times.

Then release your left nostril and close your right nostril with your right thumb. Inhale and exhale gently, five times. Don't force your breath and if you need to take a break and breathe through both nostrils, then do so. This exercise should feel refreshing and balancing - not like hard work.

The next step is alternating the breath between nostrils.

So close your right nostril with your right thumb and inhale through your left nostril. Close your left nostril with your ring or little finger. Lift your thumb and exhale through your right nostril. Then inhale through the same nostril. Close your right nostril with your thumb and lift your finger to exhale through your left nostril. This is one round. Repeat 3 - 5 rounds. You can build up the rounds done when you have practiced this exercise and become confident.

When you have completed your rounds, rest with your hands on your thighs, palms upward, taking normal natural breaths through both nostrils and being mindful of any subtle changes in your energy, your mind, your balance.