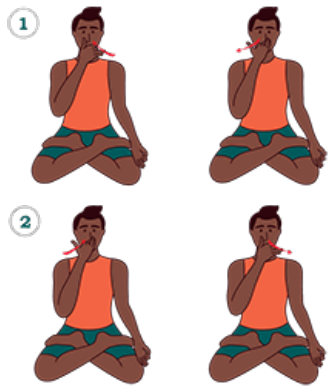
Nadi Shodana

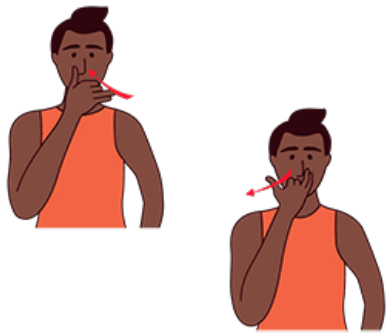
Jennifer Seubel

• 5 mins • Beginner

Breathing technique for relaxation



1. Alternate Nostril Breathing • Nadi Shodhana



2. Alternate Nostril Breathing Close Up • Nadi Shodhana Pranayama

-Bring index finger and middle finger of the right hand on the point between you eyebrows
-Close right nostril with your ring finger, breath in into the left nostril for the counts of 1-2-3-4
-Close left nostril with the thumb breathe out through the right nostril for 1-2-3-4
-Breathe in through the right nostril for 1-2-3-4
-Close right nostril with the ring finger breathe out through the left nostril for 1-2-3-4
Continue this sequence in your own tempo.
The breathing counts can be extended.