



Nadi Shodhan

Benefits

- ॐ Restores imbalances in the brain
- ॐ Helps mental imbalances including depression
- ॐ Assists in a better night sleep
- ॐ Left nostril = calming (feeling side of brain [right] activated)
- ॐ Right nostril = energizing (thinking side of brain [left] activated)
- ॐ Can be thermo-regulating
- ॐ Cleanses energy channels
- ॐ Great for nervous tension / stress

Description

1. Sit comfortably (in any sit position). Ensure that you lift from the crown and sit in good posture. Maximize your torso and thoracic depth.
2. Place the index finger and middle finger of one hand on your forehead
3. Use the thumb to occlude one nostril (if using your left hand your thumb will occlude your left nostril and if using your right hand your thumb will occlude your right nostril).
4. Using a Ujayi breathing pattern inhale through the open nostril.
5. As you reach the end of your inhalation occlude the open nostril with the ring finger.
6. Open the nostril which is being closed by the thumb.
7. Exhale (ujayi breathing pattern) through the open nostril.
8. Inhale through the same nostril you just exhaled through.
9. As you reach the end of your inhalation close the nostril with your thumb.
10. Open the nostril which is being closed by the ring finger.
11. Exhale through this open nostril.
12. Repeat from step 4.