

Breathing exercises & benefits

Alternate nostril breathing helps to balance our brain, clear our sinuses, and creates a deep sense of harmony on the physical, mental, and emotional levels. ■ Can help with headaches, migraines, and other stress-related symptoms.

■ **Inhale left, exhale right:** Helps to calm and release negative emotions. Cooling energy. Excellent by itself before bed

■ **Inhale right, exhale left:** Gives clarity, concentration, alertness, will power, and positive mood. Warming energy.

Alternate Nostril Breathing Technique

Use the thumb of the right hand to close the right nostril, and the index finger or ring finger of the right hand to close the left nostril. ■ Close the right nostril and gently and fully inhale through the left nostril. ■ Then close the left nostril and exhale through the right nostril. ■ Then inhale through the right nostril. ■ Close the right nostril and exhale through the left nostril. ■ Continue repeating, alternating nostrils after each inhalation.

Breath Ratio Chart

Consciously using different breath ratios can yield varied effects. By emphasizing inhaling, the sympathetic part of the autonomic nervous system boosts the heart rate and blood pressure, boosts alertness and stimulates us. By emphasizing exhaling, the parasympathetic nervous system slows the heartbeat and relaxes the circulation, nerves, and digestive system.

Inhale	Hold	Exhale	Hold	Effect
4	1	8	4	Relaxing
6	2	6	2	Balanced
6	4	6	1	Energizing