



BREATH GUIDANCE

BREATH AWARENESS PROGRAM

DAY 5

Reset your breath with an inhale, exhale and another inhale

Use your pinching fingers, thumb and forefinger, to alternate nostrils

Exhale left nostril, right nostril, left nostril, right nostril

Inhale right nostril, left nostril, right nostril, left nostril

Notice which nostril allows air in and out more freely.

Refine this by slowing down your pace and pressure of breath.

There are many variations of **alternate nostril** breaths.

This is an **anuloma** and **pratiloma** combination variation where you alternate between the nostrils throughout the same inhalation and exhalation.

For this 4-part variation, try to keep each part of the breath even, think 25% for each part of the air allowed in or out.