## TECHNIQUES

Take notes of your experince, insights and questions.



Reset your breath with an inhale, exhale and another inhale

Use your thumb and forefinger to alternate nostrils

<u>Exhale</u> left nostril, right nostril, left nostril, right nostril <u>Inhale</u> 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.

This is two techniques in one practice:

an **anuloma** and **pratiloma** combonation 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.

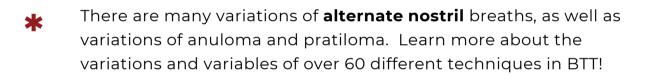




An **anuloma** is an alternating <u>exhalation</u> with a dual nostril inhalation.



A **pratiloma** is an alternating <u>inhalation</u> with a dual nostril exhalation.





Learn more in Breath Technique Training (BTT)!

## HOMEWORK

Repeat the guided audio practice and track your progress after each technique by noting any roadblocks or revelations.



