

TECHNIQUES

Take notes of your experience, insights and questions.



1

Reset your breath with an inhale, exhale and another inhale

Use your 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.

This is two techniques in one practice:

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.

DEFINITIONS

Understand each technique on this Day.



1

An **anuloma** is an alternating exhalation with a dual nostril inhalation.

2

A **pratiloma** is an alternating inhalation with a dual nostril exhalation.

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There are many variations of **alternate nostril** breaths, as well as variations of anuloma and pratiloma. Learn more about the variations and variables of over 60 different techniques in BTT!



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.

