



## Mardian Natural Medicine

347 Old Chicopee Trail, Kitchener, Ontario, N2A 4G5

Telephone: (519) 896-4800 Fax: (519) 896-4806

Email: [info@MNM.ca](mailto:info@MNM.ca) Website: [MNM.ca](http://MNM.ca)

### Alternate Nostril Breath

#### Benefits :

The Alternate Nostril Breath...

- has a marvelously calming effect on the nervous system
- helps to overcome insomnia
- relaxes and refreshes the body
- purifies the bloodstream and aerates the lungs
- it soothes headaches
- improves digestion and appetite
- helps to free the mind of anxiety and depression

#### Technique:

- sit in a comfortable position, cross-legged or sitting in a chair with your back straight
- raise your RIGHT hand and place your ring finger against your LEFT nostril, closing it off
- inhale deeply and slowly through the RIGHT nostril to the count of four
- close off the RIGHT nostril with your thumb and retain the breath for a count of 1-4 seconds
- open the LEFT nostril and exhale to the count of 4-8 seconds
- the longer you can make the exhalation, the better, concentrate on completely emptying the lungs
- breathe in through the same LEFT nostril to the count of 4
- close off the nostril with the ring finger again and hold to the count of 1-4 seconds
- exhale through the RIGHT nostril to the count of 4-8 seconds, this makes up one round
- repeat these rounds of alternate nostril breathing 5 -10 more times
- practice inhaling for 4 seconds, hold for 4 seconds, exhale for 8 seconds (4:4:8). Work up to a ratio of 8:8:8

#### Notes:

DO practice the Alternate Nostril Breath whenever you need calming - if you are nervous, upset or irritable

DO NOT push yourself with the holding position or by increasing the ratio until you are comfortable in doing so.

The importance of this particular breath cannot be over-emphasized. The body and mind are closely inter-related and one influences the other to a much greater extent than is realized. As an all-round "soother" the Alternate Nostril Breath is incomparable.