

Alternate Nostril Breathing Pranayama

- Sit quietly, feel your feet on the ground and close your eyes
- Close your right hand, leaving just the thumb and little finger free. Plug your right nostril with your thumb and gently inhale through your left nostril.
- Close your left nostril with your little finger, release your thumb and exhale through your right nostril.

The process is repeated by inhaling through your right nostril all the way to the base of your spine, while closing the left one with your little finger, release the little finger and gently exhale through the left nostril.

This is an excellent exercise to calm the mind and help, reduce blood pressure and pulse. Start with just a few repetitions and try not to strain at all. Stop, rest, and breathe normally if you begin to feel dizzy or out of breath. Always be gentle and sensitive with yourself and it will get easier with time.

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