



NADI SHUDDHI
Pranayama



CAUTION —

- ✧ Breathe naturally, without making any sounds or breathing from your mouth.
- ✧ Place the fingers lightly on the nose, without any pressure.
- ✧ In case you feel dull and or sleepy after practising, check the time taken to inhale and exhale. Your exhalation should be longer than inhalation.



PROCESS —

- ✦ Sit comfortably with your spine erect and shoulder relaxed, in a Chin Mudra position.
- ✦ Press your right thumb down on the right nostril and breathe out gently through the left nostril.



PROCESS —

- ✦ Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger.
- ✦ Removing your thumb from the right nostril, breathe out from the right. Breathe in from the right nostril and exhale from the left.
- ✦ You've now completed one round of Nadi Shuddhi Pranayama. Complete 9 such rounds keeping your eyes closed.

