

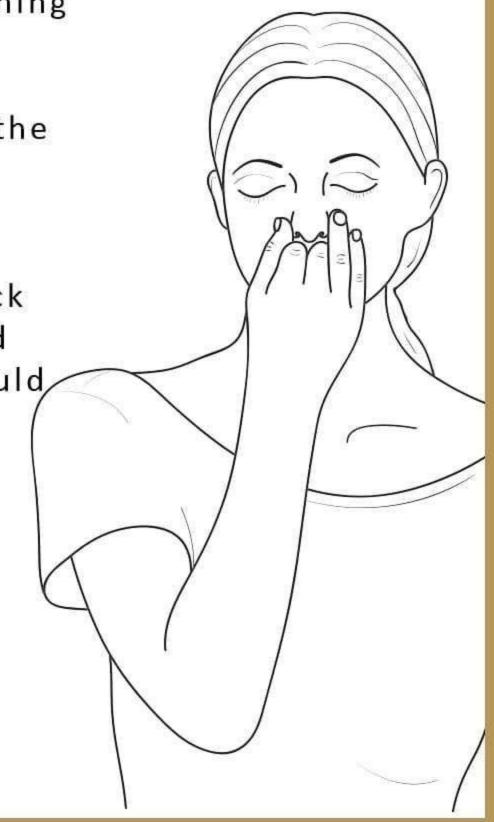
CAUTION —

JÎVA

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.

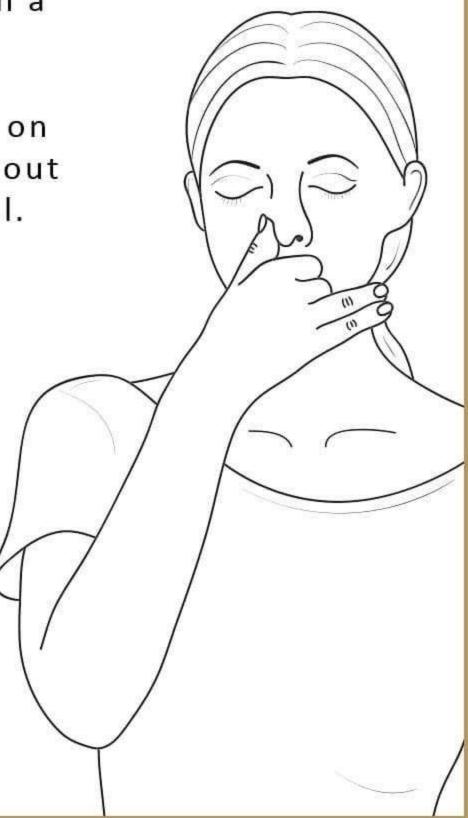


PROCESS —

JÎVA

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 —

JÎVA

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.

