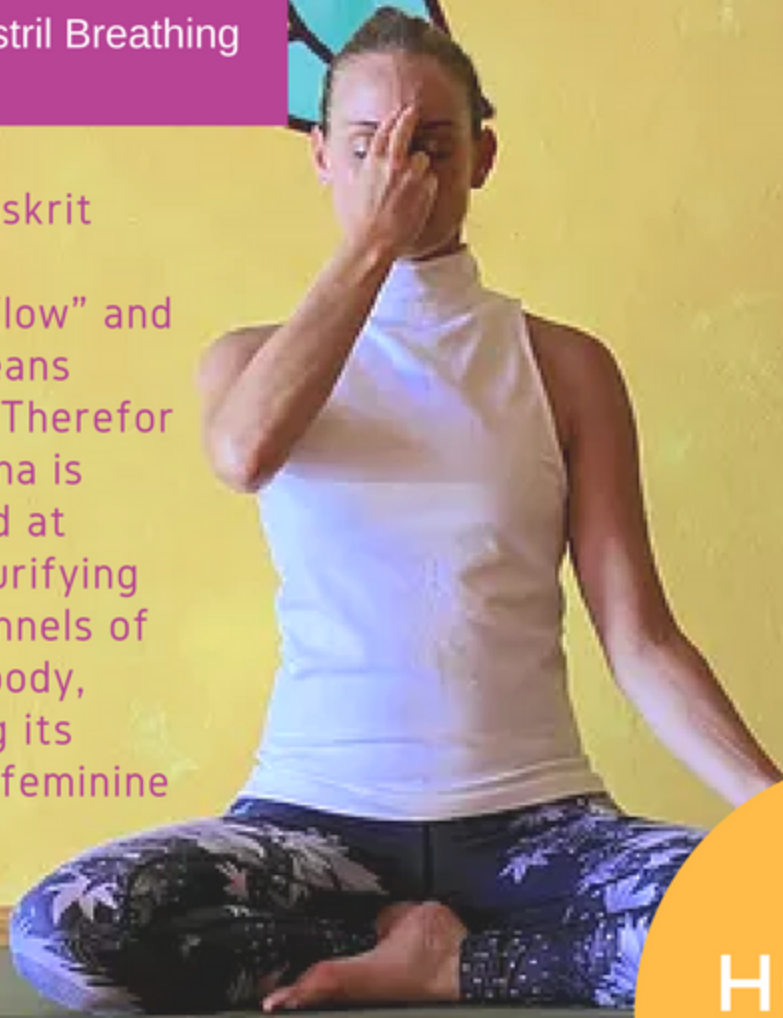


# NADI SHODHANA

Alternate Nostril Breathing

“Nadi” is a Sanskrit word meaning “channel” or “flow” and “shodhana” means “purification.” Therefore, nadi shodhana is primarily aimed at clearing and purifying the subtle channels of the mind and body, while balancing its masculine and feminine aspects.



## HOW TO PRACTICE

- In this pranayama, the breath is always relaxed, deep and full.
- Have the left hand in Gyan Mudra.
- Use the thumb of the right hand to close the right nostril, and the index finger or ring finger of the right hand to close the left nostril.
- Close the right nostril and gently and fully inhale through the left nostril.
- Then close the left nostril and exhale through the right nostril.
- Then inhale through the right nostril.
- Close the right nostril and exhale through the left nostril.
- Continue repeating, alternating nostrils after each inhalation.
- Cycle ends after exhaling through the left nostril.

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