



Right, Left, and Alternate Nostril Breathing

Left Nostril Breathing

Left nostril breathing activates lunar energy and the qualities of patience and letting go. Do left nostril breathing to relax, calm the mind, and cool the nerves. It is soothing to do left nostril breathing any time you wish to relax and before going to bed.

How to Do Left Nostril Breathing

Block the right nostril with the right thumb and inhale and exhale through the left nostril only, using long deep breathing unless specified differently in a kriya.

Right Nostril Breathing

Right nostril breathing energizes and alleviates irritated, depressed, or unbalanced mental and emotional states. It activates solar energy and the qualities of strong will, perseverance, motivation, and the ability to take action and keep up. If you are tired, falling asleep, and need more energy, breathe through the right nostril.

How to Do Right Nostril Breathing

Block the left nostril with the left thumb and inhale and exhale long and deeply through the right nostril only. Or do Breath of Fire through the right nostril for a quick boost of energy.

Alternate Nostril Breathing

The different techniques of alternate nostril breathing create a balanced state that is both relaxed and energizing. There are many variations of alternate nostril breathing, blocking alternate nostrils. The most common pattern is:

Inhale left

Exhale right, Inhale right

Exhale left, Inhale left

Exhale right, Inhale right

Exhale left

The simple formula is exhale and inhale through one nostril and then switch and exhale and inhale through the other nostril.

Remember, the sides of the body expand on the inhale. The shoulders stay relaxed and do not move up and down.

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