



Breathwork Handout: (Nadi Shodhana)

Alternate nostril breathing is a balancing breath that calms the mind and body. It supports focus, reduces stress, and harmonises energy.

How to Practice

1. Sit comfortably with a straight spine.
2. Rest your left hand on your lap. With your right hand, use your thumb to close your right nostril.
3. Inhale slowly through the left nostril.
4. Close the left nostril with your finger, release the right nostril, and exhale through the right.
5. Inhale through the right nostril, then close it and exhale through the left.
6. This completes one cycle. Continue for 5–7 cycles.

Reflection

After practicing, I notice...
