



Module 3: Exercise 3

PRANAYAMA: ALTERNATIVE NOSTRIL BREATHING

Brings about calm, energizes, and unites the left and right sides of the brain for optimum health and wellness.

Step 1: Hold the right thumb over the right nostril. Inhale deeply through the left nostril. At the peak of inhalation, close the left nostril with the ring finger, then exhale through the right nostril. Continue the pattern, switching between the two fingers, closing off the right then the left.

Step 2: Practice doing one or the other, breathe through right for energy, left for calming. Best to use to increase energy and focus.

Quick Calm Technique: Take a slow deep breath. Hold for the count of 4 and think "I am warm". Exhale while thinking "I am calm". Best to use when you need to quickly calm down before or after a presentation, difficult meeting, taking a test, or needing to bring anxiety levels down quickly.

Breathing Technique for Stress Relief: Place the tip of your tongue so that it's touching the roof of your mouth. Close your mouth and inhale through your nose for 4 counts. Once you've reached the peak of inhalation, hold your breath for 3 counts. Exhale completely for 5 count

