

## **Meditation, Relaxation and Wellness**

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### **Alternate Nostril Breathing**

Sit with the head neck and trunk straight.

Breathe deeply from the diaphragm eliminating noise, jerks and pauses. Make the breaths equal. Begin by exhaling completely through both nostrils.

Close the left nostril and inhale through the right. Close the right nostril and exhale through the left. Inhale through the left and exhale through the right.

Continue alternating the nostril as explained above until you have completed 12 complete breaths.\*

Follow this practice with a couple of minutes of sitting quietly and observing your breath.

\* One breath equals one complete inhalation and one complete exhalation.