

Alternate Nostril Breathing

To change nostrils first determine which nostril you are breathing out of. You can determine this by what nostril the air is flowing freely through.

When the left nostril is dominant the energy is guided by the right hemisphere of the brain and carries the cooling, relaxing energy.

When the right nostril is dominant, the energy is guided by the left hemisphere of the brain and carries the warming, energising, energy.

The dominant nostril automatically changes around every 2.5 hours. Once we know what nostril we are breathing from, we know which qualities of our psyche are dominant.

Switching Nostrils Consciously

When you are in trouble, what should you do? Change your nostril!

If you are feeling tense, anxious, in overwhelm, need to sleep or have a craving you want to get rid of – left nostril breathing.

If you are feeling lacklustre, no energy, low, depressed - right nostril breathing.

Put your index finger over the nostril you need to block and breathe deeply through the unblocked nostril 26 times. In the beginning if you don't get the desired effect after 26 breaths, do it again. It may just take a few goes to build the neural pathways. I used to have to breathe through y left nostril 26 x 3 times to get rid of chococlate cravings, now it takes only 5-6 breaths. Yaaa.



keynote speaker



workplace wellness



women's wellness



kundalini studio

