

Deep Breathing Exercises

Nostril Breathing:



1. Sit comfortably in a chair with both feet on the floor. Keep your spine long and your shoulders back and relaxed.
2. Place your dominant hand in the position shown on the left and place up to your nose.
3. Close the right nostril with your right thumb and inhale through the left nostril. Do this to the count of four seconds.
4. Immediately close the left nostril with your right ring finger and little finger, and at the same time remove your thumb from the right nostril, and exhale through this nostril. Do this to the count of eight seconds. This completes a half round.
5. Inhale through the right nostril to the count of four seconds. Close the right nostril with your right thumb and exhale through the left nostril to the count of eight seconds. This completes one full round.
6. Start by doing three rounds, adding one per week until you are doing seven rounds.

Pranayama Breathing:

1. Lie down on the floor. Bring your feet close to your buttocks and allow your knees to fall to the floor, while keeping the soles of your feet together. Rest your hands on your abdomen. If this is uncomfortable place a pillow under your knees for support. This position opens up the lower abdomen which allows for a deeper breath.
2. Breathe in slowly and smoothly through your nostrils. Feel your abdomen rise up and expand as your fingers separate.
3. Exhale slowly and smoothly through your nostrils. Feel your abdomen fall and flatten out and your fingers come together.
4. Pause after each exhale and repeat the cycle for five minutes or as long as you feel comfortable.
5. Breathe at your own pace, remaining conscious of your breath as it moves through your lungs.