



## Breathing (Pranayama)

Pranayama as part of your day will help you shift awareness and find presence. Add this simple practice to your day to enhance Prana and calm Vata and Pitta. These are simple instructions to remind you how to do each breath. Never strain yourself during breathing exercises.

Release and return to a normal breath if you have any concerns.

### Sheetali Breath (Cooling)

- Have some water nearby for thirst.
- Settle and a seated position and take a normal relaxed breath.
- Stick your tongue out comfortably and curl it into a tube if you are able.
- Inhale to the count of 4 through your mouth cooling the breath through the tube of your tongue.
- Exhale for a count of 4 out through your nose.
- Repeat.

### Alternative Nostril Breath (Nadi Shodhana) (Balancing)

- Settle and take a normal relaxed breath
- Block the right nostril with thumb, Breathe in the left nostril,
- Block the left nostril with ring finger, release the right nostril
- Then exhale out the right, breathe in the right, block the right release the left nostril exhale out the left nostril, Change sides on each exhale.
- REPEAT as many round as feels good. Inhale through the left, block left release right breathe out the right. If you get muddled, just release your breath and start over. Work up to 7- 10 minutes

The information provided in this reminder is not a substitute for professional medical care, treatment or advice. All the material here is for information purposes only. Always share strategy and work with your health care team.