Breathing (Pranayama) Instructions

Check with your health care team if you have any concerns about starting a structured breathing practice.

Alternative Nostril Breath (Nadi Shodhana)

- Settle and take a normal, relaxed breath
- Block the right nostril, breathe in through the left nostril,
- Block the left nostril, 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,
- Continue changing sides on each exhale.
- REPEAT as many complete rounds as feels good. If you get muddled, just let it go and start over. Work up to 20 to 30 rounds or up to 10 minutes

Victory Breath Seashore (Ujjayi) Breath

- Have some water nearby for thirst.
- Settle into a seated position and take a normal, relaxed breath.
- Close your mouth
- Breathe in and out through your nose.
- Make your next inhale through your nose slightly deeper than normal to the count of 4. Bring awareness to the back of your throat.
- Exhale slowly through your nose to the count of 6 while lightly constricting the muscles in the back of your throat so that your exhale makes an ocean-like sound.
- Repeat
- Practice up to 10 minutes.

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Square Breath

- In your mind's eye, picture a square in your favorite color.
- Settle and take a relaxed breath
- Inhale and trace up the left side of the square for a count of 4.
- Retain your breath across the top of the square.
- Exhale down the right side of the square
- Retain across the side from right to left.
- Begin again. Repeat for 7 – 10 minutes
- 4 is just a number; set the number based on your ability to follow all the steps evenly with ease.

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