



NADI SHODHANA PRANAYAMA

Cleanse Your Channels

This breathing exercise is like pushing a reset button in your brain, leaving you feeling centered and refreshed. Nadi is a Sanskrit word meaning 'channel' or 'flow' and shodhana means 'purification'. Therefore, nadi shodhana is primarily aimed at clearing and purifying the subtle channels of the mind-body, while balancing the right and left sides of the brain. This practice is beneficial for just about anyone.

BENEFITS

- Infuses the body with oxygen
- Clears and releases toxins from bodily channels
- Reduces stress and anxiety
- Calms and rejuvenates the nervous system
- Helps to maintain balance of hormones
- Supports clear and balanced respiratory channels
- Balances the left and right side of the brain and channels of the body, and brings balance to the masculine and feminine energies
- Fosters mental clarity and an alert mind
- Supports the ability to concentrate

THE TECHNIQUE

1. As with most breathing exercises, nadi shodhana is best practiced on an empty stomach (ideally first thing in the morning).
2. Sitting in a comfortable position with a straight spine, gently close your eyes.
3. Begin with a few deep breaths.

4. Bring your right hand into vishnu mudra by folding the tips of the index and middle fingers inward to your palm. You will alternately use the right thumb to close the right nostril and the right ring and pinky fingers (together) to close the left nostril.
5. With your elbow elevated so that your arm is at a right angle with the body, close your right nostril with your thumb and inhale through the left nostril, bringing the breath down the spine and deep into your belly and pelvis.
6. Use the ring and pinky fingers of the right hand to gently close the left nostril and release the right nostril.
7. Exhale through the right nostril, releasing the breath from the belly, up the spine, and through the nostril. Pause gently at the bottom of the exhalation.
8. Keeping the left nostril closed, inhale once again through the right nostril, drawing the breath down the spine and deep into the pelvis.
9. Release the left nostril and block the right nostril with your right thumb. Release the breath out through the left nostril.
10. This completes one round of nadi shodhana. The same pattern continues for each additional round. It is important that the breath remains slow, gentle, fluid, and relaxed throughout the practice.
11. You will feel immense benefits with as little as five minutes of practice, but practicing daily for up to twenty minutes offers even deeper benefits.
12. Close the practice with a few deep breaths and quiet observation of the breath and mind.



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.