

3. Alternative Nostril Breathing: Balance

Description: Alternative Nostril Breathing creates a relaxed, harmonious feeling as it balances the left and right hemispheres of the brain. Practice before bed or when tense.

Breath: Sit in Easy Pose. Your left hand is in Gyan Mudra on your left knee. Close your eyes and focus at your Third Eye. Breathe relaxed, deep, and full, as you practice the following sequence, for 3 - 5 minutes.

- Inhale through the left nostril (close your right nostril with your right thumb).
- Exhale through your right nostril (close your left nostril with your right index or ring finger).
- Inhale through your right nostril (keep your left nostril closed with your right index or ring finger).
- Exhale through your left nostril (close your right nostril with your right thumb).

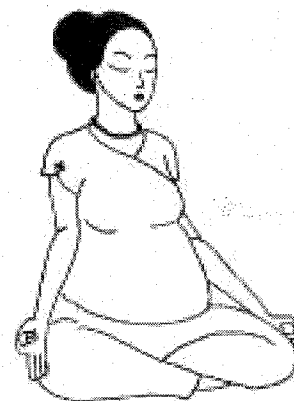


4. Segment Breath 4:1

Description: Segment Breathing in 4:1 rhythm is an excellent pregnancy breath because it is uplifting, "clears your head," and energizes. Magnify the effect of this breath by adding a mantra: Inhale, think *SAA TAA NAA MAA*. Exhale, and think *WAH-HE GURU* (means indescribable wisdom).

Breath: Sit in Easy Pose. Relax your hands in Gyan Mudra on your knees. Close your eyes and focus at your Third Eye. Breath is broken into segments or "sniffs." Continue for 3 - 5 minutes.

- Inhale in four segments. Briefly pause.
- Exhale in one long segment. Briefly pause.



5. Sitali Breath: Cooling

Description: Sitali Breath, or Sitali Pranayam, cools and relaxes. It also "clears your head," lessens heartburn, and aids digestion. If your tongue tastes bitter when you practice Sitali, it is a sign of detoxification. Just continue.

Breath: Sit in Easy Pose. Relax your hands in Gyan Mudra on the knees. Close your eyes and concentrate at your Third Eye. Roll your tongue into a "V" with the tip just outside your lips. (If you cannot roll your tongue, stick the tip outside your mouth and curve it.) Breathe for 3 - 5 minutes.

- Inhale through your rolled tongue.
- Exhale through your nose.

