

STEPS TO DO ANULOM VILOM

1. Sit comfortably in a cross-legged position, kneeling, or on a chair.
2. Close your eyes; focus on your breathing and look within.
3. With the left hand do Gian Mudra And with you right hand do Pranayama mudra



Left Hand Gian Mudra
(resting on top of the lap)



Right Hand in Pranayama Mudra
(for the alternation of the nostrils breathing)

4. Keep your right hand close to your nose to do all the alternate nostril breathing.
5. With you thumb close your right nostril and inhale through your left nostril.
6. Hold your breath, and close the left nostril with your ring finger.
7. Exhale through the right nostril.
8. Inhale through the right nostril.
9. Hold your breath, and place close right nostril with your thumb.
10. Exhale through the left nostril
11. That's the complete round
12. Start doing alternative patterns to oxygenate both the sides of your brain.
13. Continue doing it 20 rounds or around 10 minutes.
14. Close it up with presence and awareness.
15. Try to keep slow steady breathings, with the same ratio between the inhale and the exhale.