



## Thousands of Clients In 150 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the HighSpeed Healing™ Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.

DEBORA WAYNE  
Founder and CEO  
Pain Release and Energy  
Healing Specialist



### **ALTERNATE NOSTRIL BREATHING EXERCISE: (An ancient Yogic Breathing Exercise)**

Nadi shodhana pranayama is a hatha yoga practice that purifies the nadis (energy channels in the subtle body) through alternate-nostril breathing. Shodhana means “to purify.” The practice balances the flow of vital energy, or prana, through the ida (the left, or moon) and pingala (the right, or sun) nadis, as well as the flow of breath through the right and left nostrils.

This pranayama practice begins and ends by breathing through the left nostril. Some pranayama practices can create heat in the body, but concluding the practice by exhaling through the left nostril neutralizes any excess heat that may have accumulated.

#### Some of the Benefits:

- Calms the nervous system
- Balances left and right hemispheres of the brain
- Quiets the mind
- Releases emotions
- Helps with focus, concentration, memory
- Improves energy and much more!

\*\*\* Always do this ONLY while sitting or lying down only when you are in a safe place. Never do this while driving or operating equipment or machinery of any kind.

- Practice this first thing in the morning (sitting up )
- Before bed (sitting up unless it's too energizing and then try it lying down - best to sit up though)
- Any time you feel anxious, afraid, tense, or stressed, or your body gets uncomfortable
- Start with 5 -10 rounds of breath for approx the first month. Build up time as you get comfortable with this to 2- 5 minutes or even longer.

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Bend the first two fingers of the right hand into the palm, using the thumb to control the passage of breath through the right nostril and the pinkie and ring (or third) finger together to control the passage of breath through the left nostril.

1. Using your right thumb Close off your right nostril and exhale deeply out the left
2. Inhale through the left fully
3. When you think you are filled with breath, sip in just a little bit more
4. Then close off the left nostril with your right ring and pinkie finger and exhale very slowly through the right nostril squeezing your navel into your spine and deflating all the air out like a balloon.
5. When you feel you have exhaled completely make sound and force out even more breath through your nose.
6. Keep the left nostril closed off and Inhale through the Right Nostril slow and steady. Fill all the way and sip in a little bit more and Hold your breathe at the top.
7. This completes One Round of Breathe - Now repeat again and again.....
8. Close off the Right Nostril with the right thumb and begin to slowly exhale through the left ....all the way out... squeezing the last drop of air out making sound through your nose.
9. Hold at the bottom emptied of all breath.
10. Slowly as you relax your low belly, inhale through the left. Fill all the way up slowly, sip in a little bit more at the top and HOLD at the top.
11. Close off the Left nostril and exhale out the right....then inhale through the right
12. Continue back and forth from side to side.
13. Count silently to yourself as you inhale and exhale making the breath an equal enngth on both the inhale and the exhale.
14. It should not feel like straining. You will be able to lengthen the count as time goes on with practice.
15. Your aim is to keep the breath slow, steady , and even.
16. Eventually after you practice this for a while and this becomes easy and natural to you , add a hold at the top of each inhale and at the bottom of each exhale. The length of time for the hold should be the same count as the inhale and exhale so everything is now even. For example: 4 counts inhale, 4 counts hold with the breath in, 4 counts exhale, 4 counts hold with the breath out, repeat to the other side.
17. At first especially it may feel intense and you may have strong sensations, but it should Never be straining and in time, this will feel natural and deeply soothing.

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