



ALTERNATE NOSTRIL BREATHING

Purpose & Focus

Alternate nostril breath work has been found to have a positive effect on cardiovascular function. It has been shown to significantly lower factors such as heart rate, respiratory rate, and blood pressure.

Participants

Any number of participants.

Time Allotment

5 Minutes (or less)

Activity Level

Low

Materials

No materials required

Method

- Place your thumb and pointer finger on either side of your nose.
- Press your right nostril closed and breathe in deeply through your left nostril.
- Then, press your left nostril closed and breathe out through your right nostril.
- Breathe in through your right nostril then press it closed and breathe out through your left nostril.
- Always end with a breath out through the left nostril.

Repeat cycle a minimum of 3 times.