

Nostril Breathing

This brain/body balancing technique helps to balance the left hemisphere of the brain to the right hemisphere.

Close your eyes & take your index finger and place it over one nostril taking a deep breath in to the count of 3. Switch your index finger to the other nostril and take a deep breath out to the count of 3.

After the exhale, inhale immediately through that same nostril to the count of 3. Switch your index finger again to the alternate nostril and exhale to the count of 3. Repeat this sequence for several more breaths.