



# Dr. K's Guide to Mental Health

Practice | Nadi Shuddhi | Notes

Nadi Shuddhi, or alternate nostril breathing, **balances your sympathetic and parasympathetic nervous systems**. It also provides enough attention to the mind to keep your mind from wandering too much. In this meditation we will block one nostril, breathe in through the other nostril, and then switch sides to breathe out.

## Practice Instructions:

- The **spine should be straight** for meditation so this practice **can be done sitting up straight, standing up, or laying down**
- Block/press down on your right nostril with your thumb or index finger using your right hand
  - Inhale through the left nostril
- Now block/press down on the left nostril with your ring and middle fin
  - Exhale through the right nostril
  - Then, inhale through same the right nostril
- Block the right nostril with your thumb or index finger using your right hand
  - Exhale through the left nostril
- This completes one round

Practice for 9 rounds (18 breaths) to begin with, and then gradually work your way up to 20 minutes of practice per day.

After 2 weeks of practice for 10-20 minutes per day, you can move on to part 2: Anuloma Viloma.