**Anuloma Viloma Written Instructions**

* Place the left hand in Chin Mudra on the knee.
* Place the right hand in Vishnu Mudra.
* Inhale deeply through both nostrils.
* Exhale through both nostrils.
* Raise the right hand up, block the Right nostril with the thumb.
* Slowly inhale through the Left, (count out loud) Om 1, Om 2, Om 3, Om 4
* Gently retain blocking both nostrils, (count out loud, softly) Om 1, Om 2…. Om 16
* Exhale Right (count out loud) Om 1, Om 2… Om 8
* Inhale Right (count out loud) Om 1, Om 2… Om 4
* Retain, (count out loud, softly) Om 1… Om 16
* Exhale Left, (count out Loud) Om 1, Om 2… Om 8

Continue until reaching desired number of rounds