



JAL NETI



Nasal Cleansing Technique

ABOUT HABUILD

Habuild stands for habit building. It is a vehicle for people to build healthy habits. Habits are built through **consistency of practice**. One habit that Habuild focuses on is yoga every single day. Therefore, making yoga a daily habit, with members of all ages across **33 nations**. Optimal utilization of modern technology which makes our **yoga sessions accessible from anywhere** and has aided many who were looking for an on-the-go option with an easy routine to follow.

Please visit us at www.Habuild.In for more details

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What is Jal Neti

Jal Neti is a cleansing technique rooted in the ancient Indian practice of yoga. It involves using a special pot called a neti pot to pour warm saline water into one nostril and let it flow out through the other, effectively clearing the nasal passages.



How to do Jal Neti?

Step 1



Fill the neti pot with lukewarm water and add a small amount of non-iodized salt (about 1/4 to 1/2 teaspoon) to create a saline solution.

Step 2



Stand over a sink or basin and tilt your head to one side, allowing the neti pot spout to enter the upper nostril.

Step 3



Gently pour the saline water into the upper nostril, allowing it to flow through the nasal passages and out of the lower nostril.

Step 4



Repeat the process on the other side, tilting your head to the opposite side.

Watch this video to know more: [Click here](#)



Benefits of Jal Neti



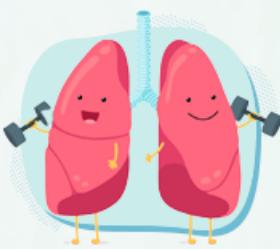
Clears the nasal passages by removing mucus, dust, pollen, and other impurities.



Helps **alleviate sinus congestion**, allergies, and cold symptoms.



Enhances breathing by improving airflow through the nostrils.



Promotes overall **nasal and respiratory health**.



May provide **relief from headaches, snoring, and certain eye problems**.

When to do Jal Neti?



Can be part of a daily routine for maximum benefits.



It helps with nasal congestion, allergies, sinusitis, and respiratory discomforts.

Who should not do Jal Neti?

People with any one of the following should avoid Jal Neti:



Chronic nosebleeds



Frequent ear infections



Nasal or sinus injuries



Active nosebleeds



Difficulty breathing through the nose

“The body benefits from movement, and the mind benefits from stillness.”



presents

JAL NETI



Saurabh Bothra

23 JULY

11.00 AM