

## Alternate Nostril Breathing Exercise

V2 381

Practice for 20 minutes at a time

Use Natural Breathing method

Follow pathway of the Microcosmic Orbit

1. Seated posture

Place the left hand on the Lower Dantian

Index finger of the right hand rests on

Yintang

Middle finger rests on the left side of the nose and thumb on the right

Focus the mind on the flow of the breath

2. Inhale first through left nostril

Qi flows down chest through left thrusting vessel to Lower Dantian

Then up back through GV into the Baihui

And back down CV to the lower Dantian

3. Hold breath and pinch the nose.

4. Exhale through right nostril, drawing Qi up right thrusting vessel and out through nose.

5. Inhale next through the right nostril

Qi flows down chest through right thrusting vessel to Lower Dantian

Then up back through GV into the Baihui

And back down CV to the lower Dantian

3. Hold breath and pinch the nose.

4. Exhale through left nostril, drawing Qi up left thrusting vessel and out through nose.

6. Repeat entire sequence 18 times.

