

Breathing Exercises

- Close the right nostril with the right thumb.
- Inhale slowly through the left nostril for the count of 4, inhale the oxygen as much as you can, this will fill your lungs with air.
- Release the right nostril and exhale for the count of 8
- Keeping the left nostril closed, inhale through the right nostril again for the count of 4.
- Release the left nostril and exhale for the count of 8 to complete one round.

