

Anuloma Viloma Pranayama

Forceful Alternate Nostril Breathing

Definition and Benefits: *Anuloma Viloma* means Meaning up, down, alternate or reversed. This is a breathing practice that balances and cleanses all 72,000 nadis (energy channels in the body). It is like a pranic bath. Forceful alternate nostril breathing.

Reduces depression, eliminates migraines, clears the sinuses, brings high levels of vitality to visceral organs, regulates *agni* (the digestive fire), decreases cholesterol levels, strengthens the immune system, brings clarity to the mind and induces contentment and serenity.

Instructions: *This practice is best done on an empty stomach.* Sit in a comfortable position.

In this practice, only the right hand is used to alternately close off the nostrils. The breath moves with vigor and strength through each nostril. Exaggerate the inhalation and exhalation.

1. Take the right arm out to side and bend the elbow out to the side so the hands come toward the nose.
2. Place the thumb on the ridge of the right nostril and place ring and pinky finger over the left nostril.
3. Connect to the breath in and out through the nostrils.
4. Begin first round by forcefully inhaling through the left nostril. Switch fingers.
5. Breathe out strongly through the right. Inhale right.
5. Exhale on the left nostril. This is ONE complete round.
6. The pattern is: IN left – OUT right – IN right – OUT left. Only switch on the exhale.

Progression: Begin with 2 cycles of 10. Progress one per week to reach 2 sets of 30 cycles.

Indications: Depression, migraines, blocked sinuses, poor digestion, high cholesterol

Caution & Contraindications: Chest pain, extremely high blood pressure, and recent history of epilepsy. Pregnancy, menstruation.

Signs and Symptoms of Improper Anuloma Viloma: Dizziness or lightheadedness.