



Nadi Shodhanam Practice Plan 1

Round 1

Active Nostril

Passive Nostril

Exhale / Inhale 1

Exhale / Inhale 2

Exhale / Inhale 3



Exhale / Inhale 1

Exhale / Inhale 2

Exhale / Inhale 3

Three breaths through both nostrils.

Round 2

Active Nostril

Passive Nostril

Exhale / Inhale 1

Exhale / Inhale 2

Exhale / Inhale 3



Exhale / Inhale 1

Exhale / Inhale 2

Exhale / Inhale 3

Three breaths through both nostrils.

Round 3

Active Nostril

Passive Nostril

Exhale / Inhale 1

Exhale / Inhale 2

Exhale / Inhale 3



Exhale / Inhale 1

Exhale / Inhale 2

Exhale / Inhale 3

Three breaths through both nostrils.

The practice may be continued for more than three rounds. The fourth round would follow the same sequence as the second, fifth the same as the first, etc.

In this practice, the five qualities of breath may be observed and very gently encouraged (see video titled *How to Breathe for Meditation 2*).