

Nadi Shodhana - Alternate Nostril Breathing + Energizing Yoga Flow

Sunday, March 10, 2019 9:10 PM

Created by Breezy Bree
 Love Breezy Bree Yoga
www.lovebreezybreevoga.com

Nadi Shodhana - Alternate Nostril Breathing + Energizing Yoga Flow

#1

5s

Begin your practice by engaging in my favorite Pranayama Practice! Suitable for All-Levels. Nadi Shodhana Practice (Alternate Nostril Breathing) ***See instructions below!



Easy Pose

#2

5s



Extended Puppy Pose

#3

5s



Downward Facing Dog Pose

Add a revolved twist to your Down Dog by taking your right hand to your left ankle and gently twisting your body to the left side. *REPEAT on opposite side.

#4

5s



Downward Facing Dog Split Pose

#5

5s



Downward Facing Dog Split Pose with Knee Toward Ceiling

#6

5s



Downward Facing Dog Pose

#7

5s



Eight Point Pose

#8

5s



Cobra Pose

#9

5s



Table Top Pose

#10

5s



Cat Pose

#11

5s



Cow Pose

#12

5s



Downward Facing Dog Pose

#13

5s



Low lunge Pose

#14

5s



High Lunge Pose

#15

5s



Equestrian Pose

#16

5s



Bound High Lunge Pose

#17

5s



Low lunge Pose

#18

5s



Revolved High Lunge Pose with Hands in Namaste

#19

5s



Low lunge Pose

#20

5s



High Plank Pose

#21

5s



Eight Point Pose

#22

5s



Cobra Pose

#23

5s



Table Top Pose

#24

5s



Cat Pose

#25

5s



Cow Pose

#26

5s



Downward Facing Dog Pose

#27

5s



Low lunge Pose

#28

5s



High Lunge Pose

#29

5s



Equestrian Pose

#30

5s



Bound High Lunge Pose

#31

5s



Low lunge Pose

#32

5s



Revolved High Lunge Pose with Hands in Namaste

#33

5s



Low lunge Pose

#34

5s



High Plank Pose

#35

5s



Side Plank Pose

#36

5s



Hand-to-Toe Side Plank Pose

#37

5s



Supported Side Plank Pose

#38

5s



High Plank Pose

#39

5s



Low lunge Pose

#40

5s



High Plank Pose

#41

5s



Side Plank Pose

#42

5s



Hand-to-Toe Side Plank Pose

#43

5s



Supported Side Plank Pose

#44

5s



High Plank Pose

#45

5s



Jump Preparation

#46

5s



Namaste Pose

#47 5s



Awkward Chair Pose

#48 5s



Revolved Awkward Chair Pose

#49 5s



Awkward Pose

#50 5s



Half Lotus Toe Stand Pose

#51 5s



Toe Stand Garland Pose with Namaste Hands

#52 5s



Garland Pose

#53 5s



Wide-Legged Forward Bend Pose

#54 5s



Widearm Headstand Pose

#55 5s



Revolved Wide-Legged Forward Bend

#56 5s



Half Forward Bend Pose

#57 5s



High Plank Pose

#58 5s



Sphinx Plank Pose

#59 5s



Dolphin Pose

#60 5s



Childs Pose

#61 5s



Table Top Pose

#62 5s



Downward Facing Dog Pose

#63 5s



Standing Split Pose

#64 5s



One-legged King Pigeon Preparation Pose

#65 5s



One-legged King Pigeon Pose

#66 5s



One-legged Sleeping King Pigeon Pose

#67 5s



Downward Facing Dog Pose

#68 5s



Table Top Pose

#69 5s



Feet-Hands Placement Pose

#70 5s



Cobra Pose

#71 5s



Bow Pose

#72 5s



Table Top Pose

#73 5s



Supported Camel Pose

#74 5s



Camel Pose

#75 5s



Hero Pose

#76 5s



Staff Pose

#77 5s



Butterfly Pose Preparation

#78 5s



Butterfly Pose

#79

5s



Knees to Chest Pose

#80

5s



Half Fish Pose

#81

5s



Shoulder Bridge Pose

#82

5s



Happy Baby Pose

#83

5s



Supine Half Bound Angle Pose

#84

5s



Side Lying Pose

Nadi Shodhana Practice

Next time you find yourself doing too many things at once, or you sense panic or anxiety begin to rise, move through a few rounds of alternate nostril breathing. It's a great way to hit the reset button for your mental state.

1. Take a comfortable and tall seat, making sure your spine is straight and your heart is open.
2. Relax your left palm comfortably into your lap and bring your right hand just in front of your face.
3. With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers we'll be actively using are the thumb and ring finger.
4. Close your eyes and take a deep breath in and out through your nose.
5. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.
6. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause.
7. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale.
8. Inhale through the right side slowly.
9. Hold both nostrils closed (with ring finger and thumb).
10. Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom.
11. Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.

Steps 5-9 represent one complete cycle of alternate nostril breathing. If you're moving through the sequence slowly, one cycle should take you about 30-40 seconds. Move through 5-10 cycles when you're feeling stressed, anxious, or in need of a reset button.

Tip: Consistency is helpful, so try to match the length of your inhales, pauses, and exhales. For example, you can start to inhale for a count of five, hold for five, exhale for five, hold for five. You can slowly increase your count as you refine your practice.