Take a moment to notice how you are feeling.

When you are done, relax your hands in your lap.

Continue switching sides. Breathe out three more mindful breaths through both nostrils.

Block the first nostril again. Breathe out slowly through the open nostril and breathe in again.

Press your fingers against one nostril to block it off. Breathe in through your other nostril and hold your breath.

Now remove your fingers and block off your other nostril. Breathe out slowly through the open nostril and breathe in again.

Sit mindfully, with your spine straight and body relaxed. Take three soft, slow, mindful breaths.

Balanced Breathing