

2. Left Nostril Breath – *anulom-viloma*

- This breath, done three to ten minutes daily, cleanses the 70,000 energy channels or *nadis*, and is said to make the body healthy, lustrous and strong.
- Anulom Viloma clears negative thinking and has a calming effect on the mind.
- This breath has a beneficial effect in almost all disease conditions and after doing it ten minutes a day, two times daily for four months it is said to clear 30–40% of build-up in the arteries.

How To:

- Put the edge of your right index finger across your forehead just above your eyebrows.
- Close your right nostril with your right thumb and inhale slowly and completely through your left nostril.
- Close your left nostril with your middle finger and exhale completely through your right nostril.
- Continue inhaling **only** through your left nostril and exhaling **only** through your right nostril.
- Whenever your arm feels tired, relax it down. After a short rest, continue with the breath.

3. Breath for Mental Tension – *bhramari*

- When you feel agitated and stressed out, this Breath for Mental Tension steadies and calms your mind.
- It is said to be good for high blood pressure
- The humming sound that goes with this breath increases ventilation of the sinuses.