

# Nadi Shodhanam

## Benefits

- Unblocks and balances flow of vital energy in the left and right channels of the spine (ida and pingala)
- Calms the nervous system and is an excellent preparation for meditation
- Over time this practice helps to overcome mood swings as it promotes an even mind

## Contraindicated for the following conditions

- There are no risks to practicing Nadi Shodhanam but a severely deviated nasal septum or congested nasal passages can make this practice very difficult if not impossible (Here the nasal wash may help).
- It is also advisable to wait three hours after eating and one half hour after drinking before practicing.

## Points of practice:

- Sit erect and breathe smoothly, evenly and diaphragmatically. Avoid pauses and shallow breathing.
- Block one nostril and exhale and inhale through the opposite nostril. Then change nostrils and exhale and inhale again. Repeat until you have taken three breaths through both nostrils. Then lower the hand and breathe three times through both nostrils. This is one round. Repeat two more rounds.

