

Benefits of Alternate Nostril Breathing



- **Reduces your anxiety level by calming your mind.** If your mind is in overdrive with worrying thoughts, a few minutes of pranayama will slow down your thinking and help you regain control of an overactive mind.
- **Relaxes a tensed and stressed body.** Pranayama techniques such as this one encourage deeper, slower breathing. This has a very relaxing effect and slows the body down very quickly.
- **Calms down emotional stress.** If you find yourself in an emotional state, some alternate nostril breathing will take the edge off of your distress. Regular practice of this technique will make your emotions more calm on a daily basis.
- **Will revitalise you when you are feeling flat.** Pranayama will improve the oxygen levels throughout your body and allow the energy, or prana, to flow freely and strong.
- **It will improve your concentration and clarity.** This technique will oxygenate both sides of your brain, which will improve your brain function. So if you are beginning to feel dull at work or study, do a few minutes of alternate nostril breathing.
- **Balances and improves brain function.** As you may know, the left side of the brain is for logical thinking and the right side is for feeling and creativity. So by balancing both sides of the brain, you can improve its performance (and we could all do with a bit of that!)
- **Improves your ability to rest and relax.** By reducing stress and anxiety, relaxing a tensed body and balancing the hemispheres of the brain, pranayama will also improve your sleep. And if you meditate, pranayama is a great way to slow yourself down before you get started.
- **Promotes a greater connection between mind and body.** Slower, deeper breathing brings you down from your head and helps you be in your whole body.