

Yoga Breathing Practice

Moon Breath | Chandra Bhedana



Chandra bhedana is calming and cooling breathing practice. You will inhale through the left nostril and exhale through the right nostril.

Step 1

Sit in any comfortable position, on a chair or on the ground.

Step 2

Close your eyes and take a few breaths at your own pace.

Step 3

Slightly tuck the chin and make mrigi mudra (see details below).

Step 4

Close the right nostril and inhale through the left.

Step 5

Close the left nostril and exhale through the right.

Step 6

Repeat the cycle 8 - 12 times. Inhale left | Exhale right

Step 7

Release mrigi mudra, take a few breaths at your own pace, then slowly open the eyes.

Making Mrigi Mudra

- Face your right palm to your face. Curl the index and middle fingers into the palm. Place the thumb over the right nostril and the ring finger over the left nostril.
- Apply gentle pressure when closing each nostril.
- Be aware of your right shoulder - keep it level with the left by drawing the right elbow down.



Yoga terms!

✓ Chandra

means moon and symbolizes nourishment and cooling, calming energy

✓ Bhedana

means piercing and, in this exercise, refers to opening the flow of moon energy

✓ Mudra

means seal and is a gesture to direct the flow of energy

✓ Mrigi

means deer and refers to the shape of the hand gesture

Created by Robyn Long
www.robynlongyoga.com

Caution: Stop any breathing exercise if you feel lightheaded, dizzy, or any discomfort in the chest.

Yoga Breathing Practice

Alternate Nostril | Nadi Shodhana



Alternate nostril breathing balances the mind and clears blocked energy by purifying in the Nadi-s. It is often performed before meditation.

1

Sit in any comfortable position (chair or ground)

2

Close your eyes and take a few breaths

3

Slightly tuck the chin and make mrigi mudra

4

Repeat the cycle below 8 - 12 times

A

Close right nostril
Inhale left nostril

B

Close left nostril
Exhale right nostril

D

Close right nostril
Exhale left nostril

C

Keep left nostril closed
Inhale right nostril

5

Release mrigi mudra. Rest hands on knees or in lap. Take a few breaths at your own pace, then slowly open the eyes.

Making Mrigi Mudra

- Face your right palm to your face. Curl the index and middle fingers into the palm. Place the thumb over the right nostril and the ring finger over the left nostril.
- Apply gentle pressure when closing each nostril.
- Be aware of your right shoulder - keep it level with the left by drawing the right elbow down.



Yoga terms

- ✓ **Nadi** An energetic pathway that channels prana (vital energy)
- ✓ **Shodhana** Purification

Created by Robyn Long
www.robynlongyoga.com

Caution: Stop any breathing exercise if you feel lightheaded, dizzy, or any discomfort in the chest.