

Single Nostril Breath

Chandra Bhedana Pranayama



Chandra Bhedana is a wonderful calming breath. It is ideal for whenever stress and tension arrive but is particularly great if you are struggling to sleep and quieten the mind.

Step by Step

- 1** Our left nostril is energetically associated with our body's cooling energy, symbolized by the moon, our right nostril with our body's heating energy, symbolized by the sun.
- 2** In the average person these energies are typically in conflict, which leads to disquiet and disease. The goal of Yoga is to integrate and harmonize the body and mind for happiness and health. The purpose of these two breaths then is to create balance by "warming" a "cool" body-mind and vice versa.
- 3** Sit in a comfortable position. For Chandra Bhedana block your right nostril and inhale through your left. Then close the left and exhale through the right. Continue in this manner, inhale left, exhale right, for 1 to 3 minutes.