





Sit in a comfortable seated position. Relax the body and breath naturally for a few moments, allowing your mind and body to settle.

Find your belly button and place the palms of your hands flat over your stomach area.

Breath in slowly through your nose and imagine your stomach is a balloon you are blowing up and is expanding against your hands. Continue to inflate this balloon until you have breathed in completely.

Now slowly breath out, deflating the balloon as your belly goes inward until you have breathed out completely .

This completes one round of belly breathing. Continue the pattern for as long as you wish. When you have finished relax both arms, sit and breathe naturally for a few moments.



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Rest your left hand on your lap or knee.

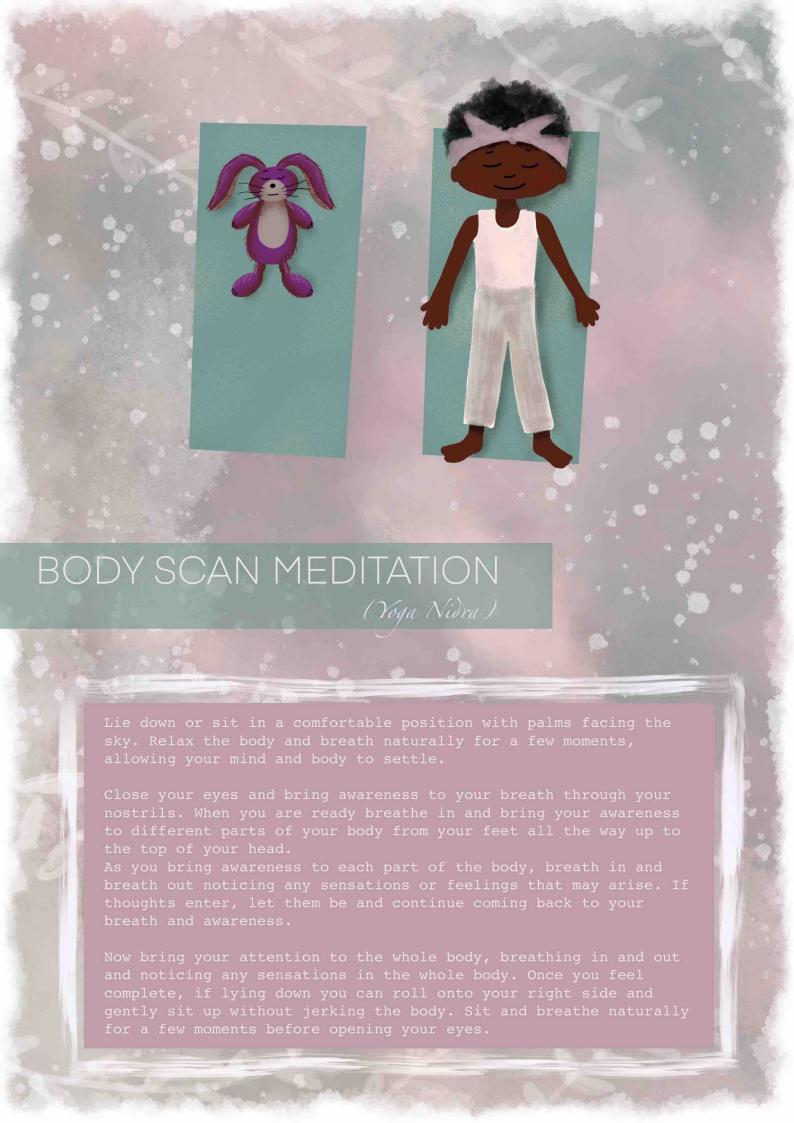
Make a "peace sign" with your right hand middle and index finger. Rest them lightly between your eyebrows. Place your thumb gently onto your right nostril. Place your ring and little fingers gently onto your left nostril.

Close your eyes and begin by softly closing your right nostril (using your right thumb) and inhale slowly, deeply, smoothly, gently and without strain through

Close your left nostril (using your ring and little fingers) and release closure of your right. Exhale through your right nostril. Inhale through your right nostril.

Close your right nostril and release closure of your left. Exhale through your left nostril.

This completes one round of alternate nostril breathing. Continue the pattern for as long as you wish. When you have finished relax both arms, sit and breathe naturally for a few moments before opening your eyes.





Dhevaksha Naidoo

dhevaksha.naidoo@gmail.com @dehavksha

Dhevaksha is an integrative medical scientist, retreat facilitator and yoga and meditation teacher

Emily Grimston

emily grimston.design@gmail.com @emilys_illustrations



Emily is an illustrator, multi media artist and graphic designer

