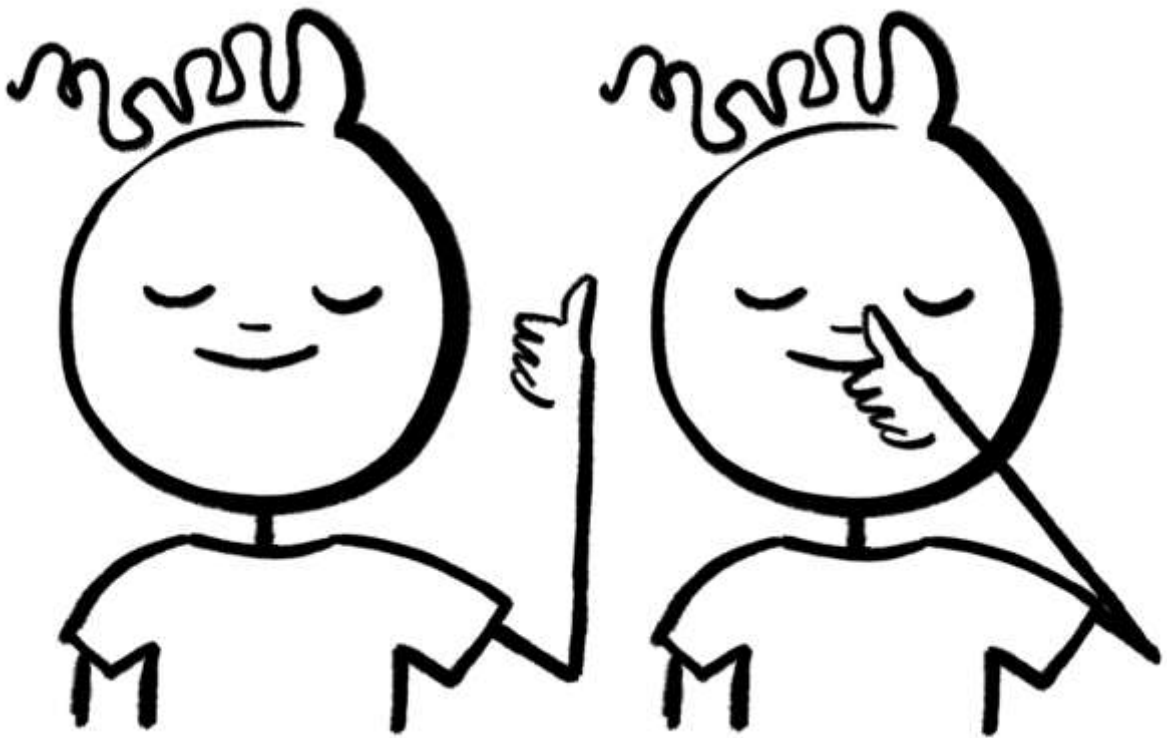




# Right Nostril Breathing

To energize



**“I am focused and energetic.”**

Sit or stand with a straight back and eyes closed. Exhale slowly. Use the thumb (or finger) of the left hand to close the left nostril. Slowly breathe in and out through the right nostril, keeping a smooth rhythm. Repeat for a few rounds. Do you feel more focused and refreshed?

Caution: Avoid with congestion.

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Check with a healthcare professional to make sure these exercises are appropriate for you.