

Alternate Nostril Breathing

- Find a comfortable seat with the spine straight and the shoulders relaxed
- Take a deep breath in and out inviting relaxation and focus
- Fold in the index, middle, and ring fingers of your right hand (if it is more comfortable you can use the index and thumb)
- Rest the pinky finger on your left nostril and your thumb on your right nostril
- Use your thumb to close the right nostril – Inhale slowly, without strain, through your left nostril
- When you reach the top of the breath, close your left nostril with your pinky finger and release the thumb opening the right nostril – exhaling slowly through your right nostril
- Keeping your left nostril closed – inhale through the right nostril slowly and gently
- When you reach the top of the breath, close your right nostril with your thumb and release the pinky finger opening the left nostril and exhale slowly through your left nostril
- Repeat 5 times – you can do this with the eyes open or closed
- When you are done, release both nostrils and allow the breath to return to it's natural rhythm



Balancing energy with breath



What's On Your Mind?

Materials for this practice:

- a pen and paper
- a timer
- a rock from outside

Find a comfortable seat and place the rock somewhere in front of you where can focus on it
Have your pen in hand and paper ready, set your timer for 2 minutes and press start

- Take a deep breath in and out, making a commitment to your practice
- Bring your focus of attention to the rock
- As you gaze at the rock, begin to become aware of every thought that comes into your mind
- Keeping your eyes focused on the rock, write a one word description of each thought as they come, without giving them any direct attention, just simply noticing
- You could writing down a one word description or simply tally the thoughts
- Some examples of a one word description: movie, song, relationship, emotion, work, food, fun
- When your timer rings, take a deep breath in and out
- Take some time for reflection to take an honest look at what's on your mind