

Anulom Vilom Script

RETENTION LENGTH: 4:16:8



In your seat pose, after your warm up..

Sit comfortably: Find a comfortable seated position. You can sit cross-legged on the floor, or with the legs straight out or even on a chair with your spine comfortably erect.

Relax your shoulders and rest your hands on your knees or in your lap.

Describing the hand position for beginners:

Left your right hands

Fold over the first 3 fingers

Rotate the hand in (like a phone - demonstrate)

And seal the right nostril with your right thumb

Nasagra Mudra: Place your right thumb on your right nostril to close it, and use your right little finger on your left nostril when closing it. This is called "Nasagra Mudra" or nose-closing gesture.

Begin by exhaling: Close your right nostril with your right thumb and inhale deeply and slowly through your left nostril. Take a slow, steady breath, filling your lungs completely without straining.

Switch nostrils: After inhaling through your left nostril, close it gently with your little finger, and simultaneously release the thumb from your right nostril.

Exhale through the right nostril: Exhale slowly and completely through your right nostril. Make sure to exhale fully, emptying your lungs of air.

Inhale through the right nostril: Keeping your left nostril closed, inhale slowly and deeply through your right nostril.

Switch nostrils again: After inhaling through your right nostril, close it gently with your thumb and release your left nostril.

Exhale through the left nostril: Exhale slowly and completely through your left nostril.

Repeat the cycle: Continue this alternating pattern, inhaling through one nostril and exhaling through the other, for several rounds. Try to maintain a slow and steady rhythm of breathing. **Work up to the retention length of 4 counts in, 16 counts hold, 8 counts release. This length will be challenging for the beginner, only introduce that once they have established an understanding of this exercise**

Focus on the breath: Throughout the practice, focus your attention on the sensation of the breath as it moves in and out of your nostrils. Be mindful of the flow of air and the rhythm of your breath.

Complete the practice: After several rounds (start with 5-10 rounds if you're new to the practice), release both nostrils and breathe naturally for a few moments. Observe any changes in your breath, body, and mind.

End with relaxation: To conclude the practice, you can take a few deep breaths, gently open your eyes if they are closed, and take a moment to relax and observe how you feel.

Anulom Vilom can be practiced for 5-10 minutes initially, gradually increasing the duration as you become more comfortable with the technique. It's best to practice Anulom Vilom on an empty stomach, preferably in the morning or evening. As always, listen to your body, and if you experience any discomfort or dizziness, stop the practice and rest.