

Practical 25



Nadi Shodana Pranayama

Nadi shodhana means the practice which purifies the nadi. It is a balancing pranayama and it's a basic yoga practice.

Aim

To perform the Nadishodhana Pranayama.

After completion of this practical you will be able to perform and demonstrate the different stages of Nadi shodhana pranayama practice in appropriate manner.

Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

- Sit in any comfortable asana with the spine straight.
- The left hand is placed on the left knee.
- The right hand is in NASAGRA MUDRA i.e. the index and middle finger are in between the eyebrows and remain fixed throughout the practice. The thumb is used to close the right nostril, and the ring finger is used to close the left nostril.

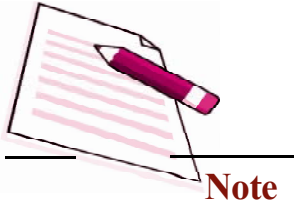
Technique 1- Alternate Nostril Breathing

- Inhale through the left nostril and exhale through the right nostril, keeping left nostril closed. Then, inhale through right and exhale through left keeping right nostril closed. This is one round.



Note





Note



Fig. 25.1: Nadishodhan Pranayama

- Try to maintain a ratio of 1: 1 of inhalation and exhalation.
- Ten to fifteen rounds.

Technique 2 - Inner retention 1:1:1

- Starting pose and breathe in as mentioned in technique 1.
- At the end of inhalation, close both nostrils and do inner breath retention.
- Exhalation should be smooth and controlled and of the same length as inhalation.
- Maintain ratio breath in: inner retention: breathe out as 1:1:1.

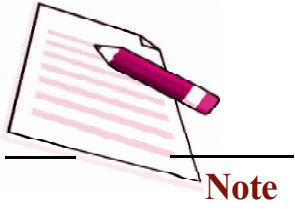
Technique 3 - The final ratio

- Maintain the ratio of inhalation: inner retention: exhalation: as 1:4:2.

Note: Each technique should be practiced for minimum 6 months. The full benefits of this practice are obtained by systematically perfecting each level rather than struggling with the advanced technique. Awareness should be on alternate nostril breathing and centre of the eye brows.

Benefits: Nadi Shodhana ensures that the whole body is nourished by an extra supply of oxygen. It clears pranic blockages and balances Ida, Pingala and Sushumna nadi resulting in spiritual awakening. This is a balancing pranayam. It balances both the hemispheres of the brain. It develops inner awareness and sense of intuition.





Remarks

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(Signature of the Instructor)

