**Reduced Breathing Volume**

**Block one Nostril**

A picture containing toy, doll, clipart

Description automatically generated

1. Sit up straight. Imagine there is a piece of string pulling you upwards from the crown of your head towards the ceiling.
2. With your finger block one of your nostrils. It doesn’t matter which nostril you block. It can be your free or partially congested nostril.
3. Feel the slightly colder air coming into your nose and feel the slightly warmer air leaving your nose.
4. Slow down the speed of air entering into your nostrils. Breathe so softly that you cannot hear your breathing. Breathe so softly that the fine hairs within the nose do not move.
5. At the top of the breath, bring a total feeling of relaxation to the body allowing a relaxed, soft, slow, gentle breath out.
6. As you reduce and slow down your breathing you will begin to feel a mild need for air. Try to maintain this need for air for about 4 minutes. It should be distinct without being stressful. If the need for air is not distinct then continue to gently reduce your breathing further. If the need for air is too stressful then allow your body to relax and take in a little more air with each breath.

**Try to maintain this exercise for 4-5 minutes.**