

## Here is a simple technique for Pranayam

### **Procedure :**

Hold your right nasal with thumb, breathe in from left.

Now open right nasal and close left nasal with middle and ring finger and breathe out from right nasal.

Now breathe in from right nasal.

Now close right nasal and open left and breathe out and in from left nasal and so on.

**Duration :** at least 10 mins.

**Benefits :** heart, high BP, heart blockage, vat-cuf-pit, arthritis, cartilage, bent ligaments, sinual fluid reduced, parkinson, paralysis, neural related, depression, migraine pain, asthma, sinus, allergy

**Tips :** breathe into lungs not to stomach. no organ in stomach absorbs oxygen. Do not hurry. Do it slowly. Rest whenever needed (in any pranayam).