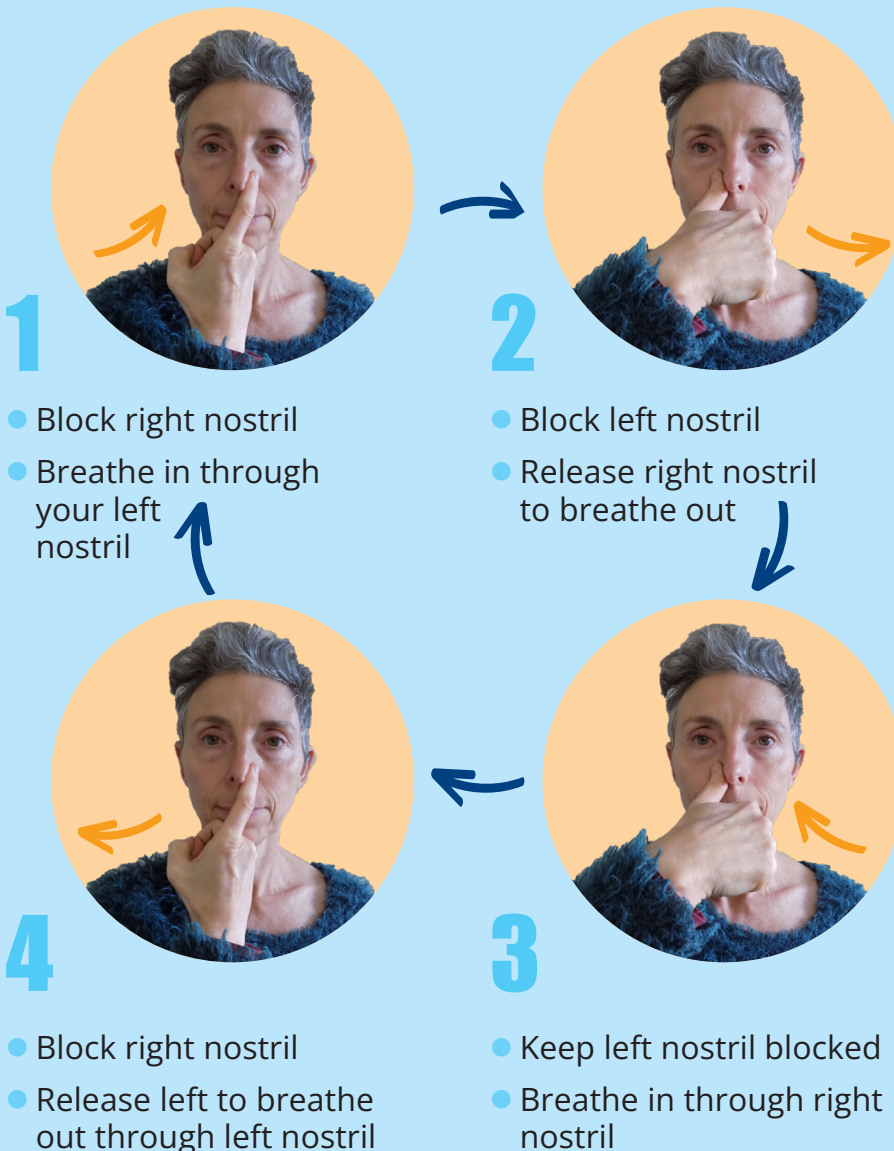




Breathing for calm

- Calms and balances an agitated mind
- Helps release stress
- Repeat this cycle for 5 to 10 rounds
- Start and finish through your LEFT nostril

Before you start sigh out of your mouth 3 times



This is one round. Repeat this cycle for 5 to 10 times

Cautions

- If you feel dizzy or unwell stop and breathe naturally
- Do not do after a heavy meal
- Always start and finish breathing through your left nostril

Tips

- Blow your nose before you start
- Sit on a chair or edge of bed to be upright and comfortable
- Breathe softly and steadily
- Try and breathe in and out for the same amount of time

“I closed my eyes and breathed in and breathed out.

It is ecstasy to breathe if you are at home in the world.”

Paul Durcan, poet. From Windfall, 8 Parnell Hill, Cork

For help with your meditation and yoga, write to:

The PPT, PO Box 328, Oxford OX2 7HF

www.theppt.org.uk