

# NASAL BREATHING

The left nostril is connected and sensed more by the right brain hemisphere and left side of the body, and the right nostril is connected and sensed more by the left brain hemisphere and right side of the body. Our alertness and 'ready-for-action' are provided by the right nostril and left brain (sympathetic). Our calmness, synthesis of information, and sensitivity is provided by the left nostril and right brain (parasympathetic).

We breathe predominantly through one nostril, or the other, at any given time. Because of our normal human body asymmetry and overall lack of alternate lateral movement, many of us develop facial asymmetry that reflects paranasal sinus compression on the left and paranasal sinus expansion on the right. The following recommendations improve nasal cycling and lateral alternation of body movement.

## **PRI Biased Alternate Nostril Breathing for Integrated Calmness**

- ✓ Close the right nostril and gently, slowly and fully inhale through the left nostril.
- ✓ Pause 4 to 5 seconds.
- ✓ Then close the left nostril and exhale gently, slowly and fully through the right nostril.
- ✓ Pause 4 to 5 seconds.
- ✓ Inhale through the right nose.
- ✓ Close the right nostril and exhale through the left nostril.

*\*This completes one cycle. Begin second cycle by gently, slowly and fully inhaling through the left nostril and repeating above cycle. Attempt to complete 6 cycles.*



For additional activities and recommendations, please visit [www.posturalrestoration.com/pri-resources/pri-living](http://www.posturalrestoration.com/pri-resources/pri-living)

