



Video Transcript

Alternate-Nostril Breathing For Stress Reduction and Balance

Hello, goddesses. Thank you so much for joining me today for practical breath work. In today's guided breath practice, we will be introducing a couple of different breath practices that you can invite into your day -to -day.

These practices are meant to be used at any times you start to feel stress, start to feel just a little bit more overwhelm in your thoughts and need some time to de -stress to start to come back into the body and just feel the effects of more calming, soothing practices. Once we start to learn some of these practices, you may begin to invite them into those spaces that you may need them the most.

So we'll get started with today's practice with a practice you've probably heard about before, this is called alternate nostril breathing. And the point of this practice is to balance both hemispheres of the brain.

Balancing the logical thinking brain and the more feminine creative brain. Through alternate nostril breathing, it starts to bring both hemispheres into balance.

And this also helps to create just a little bit more clarity and ease within the mind. So we'll start here by bringing our right hand towards the nose, and for this practice, we're going to use the thumb and the ring finger. We'll start out by using the left nostril and allowing the left nostril to be open to start.

This is our more feminine and creative side of the brain. You'll start to plug the right nostril with your right thumb. From here, we'll start to inhale through the nose for a count of one, two, three, four, five. We're gonna plug the left nostril with the ring finger.

Exhale out of the right for one, two, three, four, five. Beautiful, you'll inhale here through the right side for one two three four five and we'll start to exhale through the left nostril plugging the right nostril with the thumb once again for three two one beautiful full deep breath in through the left

nostril you'll plug the left nostril with the ring finger exhale through the right fully full deep inhale through the right nostril plugging the right nostril allowing the left to fully exhale out we'll move through a few more around to your full deep breath into the left nostril plugging the left nostril exhale through the right and how fully through the right plug the right nostril exhale through the left beautiful full deep inhale through the left nostril plugging the left nostril exhale through the right two more round to your full deep breath in plugging the right nostril exhale fully through the left one last and final round to your full deep breath in one two three four five plug the left nostril exhale through the right for three two one full deep breath in plugging the right nostril exhale fully through the left beautiful from this space you can bring both hands back down onto the thighs keeping those eyes shut if it feels good for you you'll gently just begin to notice how the body feels now. Full deep breaths in through both nostrils and full exhale out through both nostrils. Moving through just a few more rounds of breath here, full deep breath in through the nose. Full deep breath out. One last and final breath. Exhale to let it go. In this moment, you may begin to notice how the mind specifically feels in this practice. You may even take a moment here to open up your eyes and notice how the room looks now. Maybe it feels a little bit more clear in the head. Maybe it feels a little bit more focused. This is such a beautiful practice to invite in specifically when you have to present. Maybe you have to go onto a work call, or maybe you just need to have more clarity in your mind before you do something. As we start to shift into our second practice, we're going to start to invite in a practice that really, really helps to calm the whole nervous system and if you suffer from insomnia or sleepless nights this is even a great practice to start to really really relax the body and enter into a deeper state of full body relaxation this is what we call four seven eight breath we're gonna start here and it's gonna be an inhale for a count of four well then holds the breath for a count of seven, and then we're gonna exhale for a count of eight, but the exhale is a little different because we're gonna purse the lips on the exhale and create a whooshing sound. And because this exhale is so slow, you really, really want to slow down your breath on this one. So it looks something like this. Well, inhale fully for a count of one, two, three, Four, hold the breath for six, five, four, three, two, one. Start to purse the lips on the exhale for five, four, three, two, one. We'll do that for a few more rounds. Full breath in for one, two, three, four, Hold the breath. For four, three, two, one. Wush the breath out. Slow, slow, slow. For three, two, one. Beautiful. Two more rounds here. Full, deep inhale, through the nose. Hold the breath at the top. For four, three, Two, one beautiful purse the lips extra slow breath on the exhale for four Three two one last round to your full deep inhale through the nose all the way to the top Holding the breath for three two What beautiful exhale as you start to purse the lips Slow,

slow, exhale all the way down to the base of your spine. And from here, you can come back to that natural rhythm of the breath. Noticing how the body feels now.

Noticing if there's any subtle shifts, specifically maybe even feeling a bit more heaviness in the body. More of that state of deep,

deep relaxation. Our last and final breath we're gonna do together for our practical breath session is going to be a double inhale and sigh out through the mouth.

So this is really, really great to feel stress relief quickly. So if you're in a space where maybe you feel your heart rate is a little bit intense and you want to quickly start to feel the effects of de-stress.

This is a practice I would invite it. So how this looks is it's going to be an inhale from the belly, full deep inhale in, and right at the top it'll be one extra sip in and then a full exhale out.

We'll begin here, full breath in, sip, Exhale out Once again creating that wooching sound We'll do that three more times together full breath in Beautiful two more times full breath in One last time,

biggest breath yet, fully extending that exhale.

You may simply begin to close the eyes once again. Tune back into how the body feels Notice it in a space of deeper relaxation,

deeper mental clarity, focus, and ease. How as we continue to invite in these practices, we can lead from this space in our day -to -day.

It doesn't take 30 minutes, it doesn't take a whole day to create this feeling, just takes a couple of minutes, adding in the breath and tuning into the body.

Thank you all so much for joining me for today's breath practice with Gaia goddess. I hope to see you again.