



Dr. K's Guide to Mental Health

Practice | Anuloma Viloma | Notes

Anuloma Viloma is the advanced technique follow up to Nadi Shuddhi. Do this practice after doing Nadi Shuddhi for 2 weeks daily for a period of 10-20 minutes. In this practice, we do the same sequence as Nadi Shuddhi, but using our attention instead of blocking nasal passages.

Practice Instructions:

- No using fingers, just focusing the attention on inhalation and exhalation in the contralateral nostril.
- As you inhale, focus on your left nostril – feel the air flow through it.
- As you exhale focus on your right nostril – feel the air flow out.
- Inhale again, but this time focusing on your right nostril.
- Exhale through you your left nostril to complete one round.

Practice for 10-20 minutes every day for 2 weeks before moving on to part 3: Prana Shuddhi.