



1

Close the right nostril. Exhale through the left, and inhale to a count of 4.



2

Close the left nostril as well, and retain the breath to a count of 16



3

Release the right nostril, and exhale fully through it to a count of 8.



4

Keeping the left nostril closed, inhale through the right to a count of 4.



5

Close both nostrils and retain the breath to a count of 16.



6

Release the left nostril, and exhale to a count of 8 to complete one round.