

The nadis are energetic channels within the subtle body. Shodhana means "to clean." Within the subtle body there are around 72,000 Nadis (how did they count them?). Ida (left) and Pingala (right) Nadi run on either side of the spinal column. The central Nadi called Sushumna, lies energetically along the spine. In this Pranayama practice, the idea is to balance the energies of Ida (moon energy) and Pingala (sun energy) Nadi. Because the breath is the link to prana, and the Nadis are the channels for prana, the breath moderates the flow of prana along these two channels. This breath practice is suitable for beginners or advanced practitioners.

Benefits:

Nadi Shodhana calms the mind, soothes anxiety and stress, balances the left and right hemispheres of the brain, promotes clear thinking, and relieves insomnia.

Nadi Shodhana (Shodhanam)

- Effective to calm nervous system
- Create a state of clarity & serenity suitable for meditation.
- 3 methods using one hand, thumbs & ring finger

- Done sitting upright in meditative posture –
 - ~ After asanas & relaxation
 - ~ Prep for meditation
 - ~ On empty stomach (at least twice a day)

To summarize:

1. Inhale through the left
2. Exhale through the right
3. Inhale through the right nostril; and
4. Exhale through the left.

Begin with 5 – 10 rounds and add more as you feel ready. Remember to keep your breathing slow, easy and full. You can use this breath as a precursor to meditation to help calm the mind. You can also do it as part of your centering before beginning an asana or posture routine. Also try the exercise throughout the day.

Breath Retention: Only as guided – This is an advanced technique and can cause damage if not done in the right way and after extensive practice of the first steps to Nadis Shodhanam.



Nadi Shodhanam