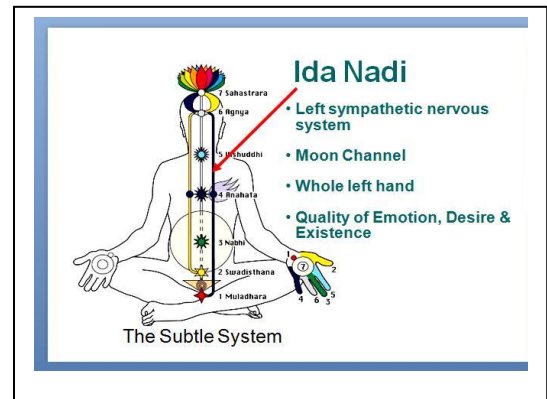
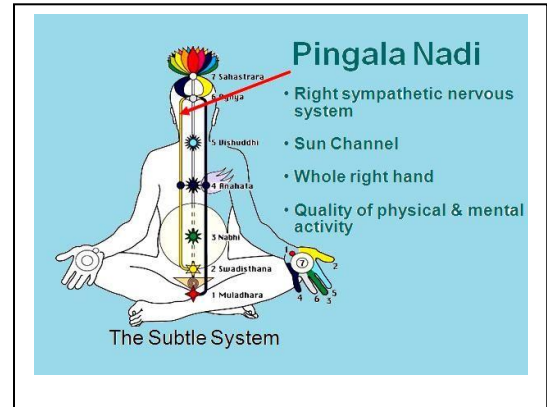
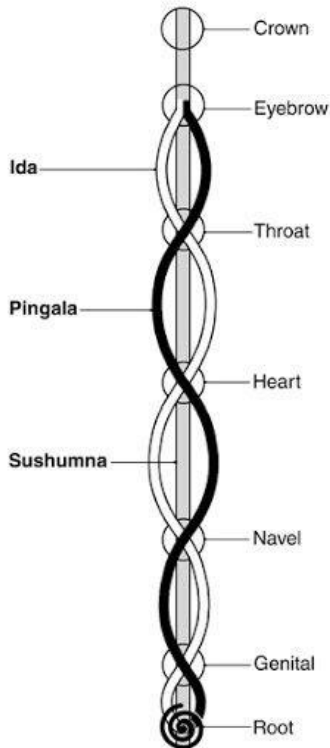


- Subtle co ordinates of the physical nerves
- We have thousands of Nadis
- 3 have an important role: Sushuma, Ida & Pingla



- The goal of many practices is to allow pranic energy to flow upward through Sushumna – to reach a state of joy, Serenity & Higher Consciousness.
- You will have one 'Active dominant nostril – meaning one more open than the other. (The other is the 'passive nostril').
- In a healthy person this shifts approximately every 90mins to 2 hours.
- You can test this onto your hand or on a glass/mirror by the vapour that appears.

