

...A courtesy practice written by Ginger Garner MPT, ATC...an imprint of Elemental Renewal & Living Well, Inc.

### Moon Breath - *Chandra Bedhana (chan-drah bed-han-nuh)*

#### Intention

1. Cooling
2. Calming
3. Decreasing sympathetic input to induce relaxation and lowering of vital signs (heart rate, blood pressure, respiration)
4. Calming to left hemisphere of brain

**Starting Position**— any posture, but usually in seated meditation posture

#### Action

All inhalations are done through the left nostril and all exhalations through the right. Prana is channeled through the surya nadi during exhale and in the Chandra *nadi* during inhale.

1. Sit comfortably.
2. Bring the right hand to the nostrils as in shown in the top photo.
3. Inhale steadily and slowly through a partially closed left nostril until the lungs are full.
4. Block the left nostril completely without deviating the septum.
5. Release pressure partially on the right nostril and exhale slowly and steadily till the lungs are empty.
6. Repeat as many times as you are comfortable

#### Tips

1. Not to be performed unless cooling is desired.
2. Not to be performed without mastery of previous breathing techniques we practiced this week.
3. If you cannot perform the hand posture to block the nostrils, simply imagine inhaling through the left nostril and exhaling through the right.
4. Do not perform surya bedhana/sun breath in the same practice.

**WARNING** – If you are cold natured or do not desire cooling, do not perform this breath. Do not perform in the morning if mental focus and concentration is needed. Never hold the breath at all. The breath should be smooth and continuous.

