



CENTER FOR TRUE HEALTH

BALANCING BREATH TECHNIQUE

This yoga breathing technique balances the left and right sides of the brain. It's great for quieting negative self-talk and reducing mental clutter.

- Slowly inhale and exhale through the nose.
- Inhale and exhale through the mouth.
- Inhale nose, exhale mouth.
- Inhale mouth, exhale nose

Do this for 3-7 minutes.