

Press pause: A balanced you

Presenter – Anjali Sharma, Wellness Consultant

Hello. My name is Anjali Sharma, and today we are going to work on creating balance.

A balanced body, balanced breath and a balanced mind are essential in establishing inner peace, clarity of thought and sound decisions. Balance creates strength and stability, but it also creates space for self-care, and for the things that matter to each of us. Today we will explore a simple and effective techniques that can help to balance our bodies, breath and mind.

So, let's begin by settling into a comfortable seated position, allowing the eyes to lower or close. Now, allow the eyeballs to withdraw and sit back towards the eye sockets, reducing any strain in the eyes.

Relax the jaw allowing the bottom set of teeth to separate from the top set of teeth, keeping the mouth closed.

Pull the shoulders back slightly and allow them to fall into a comfortable position.

Rest the hands on your lap, facing up. Keep the legs uncrossed, and the feet planted on the ground. Today, we will practice alternate nostril breathing.

To begin, bring the right hand towards the face and gently press the right nostril with the right thumb.

Now, exhale completely only through the left nostril. Keeping the right nostril closed, inhale very slowly just through the left nostril.

Now using the right index finger or middle finger, or whichever is most comfortable, gently press the left nostril, release the thumb off the right nostril and slowly exhale through only the right nostril.

Now, inhale again through the right nostril, close the right nostril with the right thumb, and release the finger off the left nostril and exhale completely through the left nostril.

With this repetition, continue on with a few minutes of this alternate nostril breath, which helps to improve breathing through the nasal passage ways, helps to improve lung function, helps to lower the heart rate and helps to balance the left and right brain.

Continue on, by inhaling from the left, closing the left nostril, and exhaling through the right. Inhale from the right, close the right, and exhale through the left. Each breath should be slow and complete, taking in as much air you can filling up the lungs with each exhalation and exhaling complete.

A few minutes of the alternate nostril breath every day, can have a very calming and stabilizing effect.

To conclude, after the next exhalation through the right nostril, lower the hand to a resting position, and continue with normal deep breathing through both nostrils, inhaling for a count of 4, exhaling for a count of 6. Continue deep breaths for a few more moments.

Balance creates clarity and clarity makes it easier to make healthy decisions and embrace healthy hobbies, habits and people.

When you're ready, slowly allow the eyelids to open and become aware again of your physical presence as you prepare to continue on with your day. Utilize this breathing practice and incorporate it into your daily routine if it resonates with you. Remember that your breath is always available to you, and can be a great source of balance and harmony.

Thank you, and stay well.

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