



### **Awareness of air at nostrils.**

Adopt a comfortable seated position, taking time to find right pose, using modifications as needed.

Hands lightly placed upon the thighs, spine long and chest open. Eyes closed. Take several long exhalations through the mouth to settle your breathing.

Now returning to breathing only through the nostrils let the facial muscles be soft, the tongue relaxed. Begin to notice the air as it passes through the nostrils, notice how it feels....can you feel a difference in the temperature of the air as you inhale and when you exhale? .....Perhaps the incoming air is a little cooler and the outgoing air is a little warmer, just noticing this.....can you feel a difference in the texture of the air as you inhale and when you exhale?.....Perhaps when you inhale it feels like smooth velvet and when you exhale it feels like rough velvet, just noticing.....Try widening your nostrils as you inhale and as you do so can you feel if the air is being directed to a different part of the nostrils?.....Can you trace the passage of the air from the nostrils down through the windpipe to the lungs as you inhale and the passage of air returning from the lungs to the nostrils as you exhale?.....Imagine you are breathing in relaxation and breathing out tension.....Imagine you are breathing in from a spot around 3 feet from the nose and let the air pass down to the belly, exhaling you are breathing out from the belly to a spot about 3 feet from the nose.....

Release your focus upon the breath and simply sit. Opening eyes when you are ready.

### **Cautions:**

For those with anxiety or depression keeping eyes soft but open may be preferable.

### **Benefits:**

Increases inner sensitivity to the breath; develops the ability to watch the breath without physical or psychological tension; allows us to observe the breath without changing it; calms the breath, mind and body; focuses the mind.