

# How to Perform Deep Nasal Breathing

## Step 1: Sit up straight.

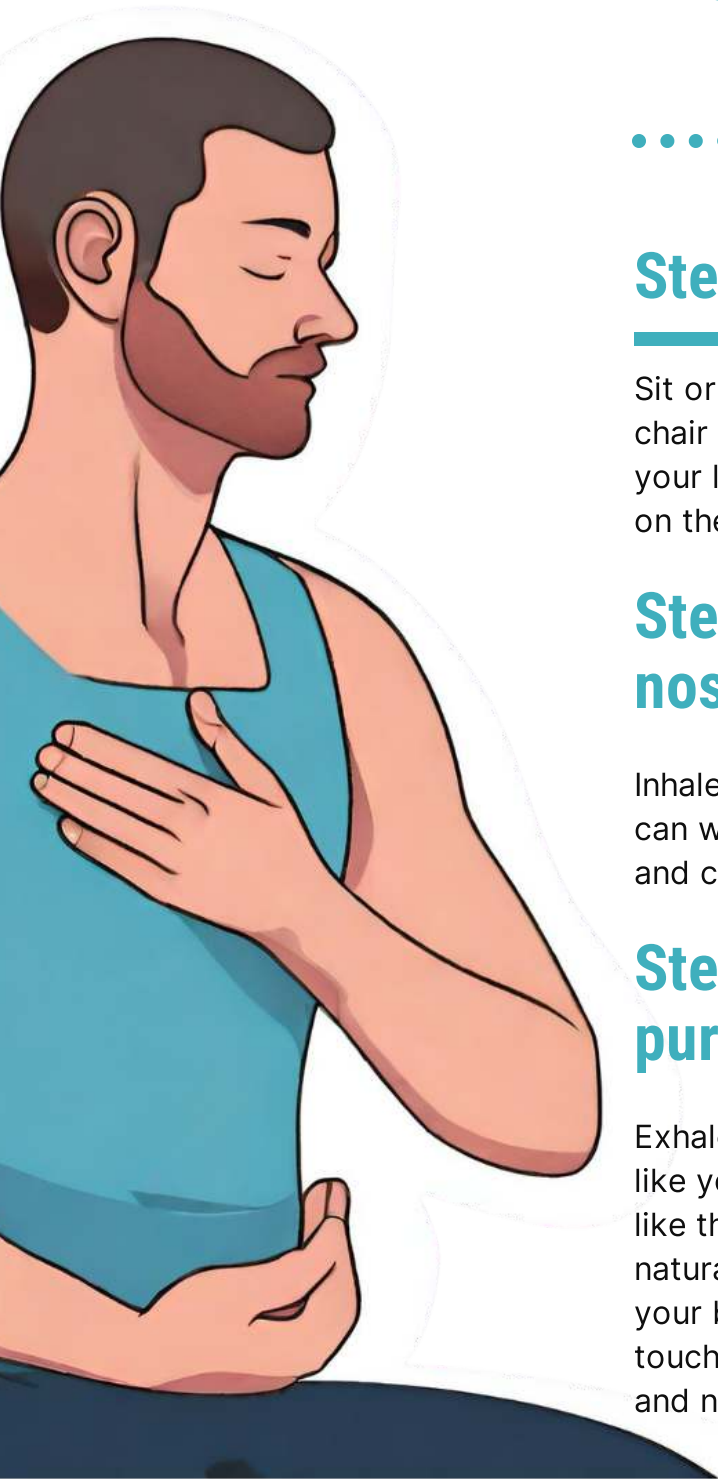
Sit or lie down with your back straight. You can sit in a chair with your feet on the ground and your hands on your lap or at your sides. You can also sit cross legged on the floor or a mat if you prefer.

## Step 2: Inhale through your nose.

Inhale through your nose as slowly and deeply as you can without straining. Feel the air entering your nostrils and concentrate on breathing deep into your lungs.

## Step 3: Exhale slowly through pursed lips.

Exhale slowly, steadily, and deeply through pursed lips, like you're blowing the candles out on a cake. Exhaling like this naturally lengthens your exhalation which naturally relaxes your body. Follow the sensations of your breath and feel the part of your body the air is touching in the present moment. Pause for a moment and notice the moment between breaths, then repeat.



### How long should I practice deep nasal breathing?

**To Make an Impact-**  
One breath cycle

**For Fast Improvement-**  
20+ minutes

**For Uncanny Improvement-**  
1+ hour