



# Armidale Yoga

## Intermediate Home Practice - Part 2 of 2

### Pranayama (approx 10 mins)

- Natural breath awareness
- Full yogic breath settling to a deep smooth flowing breath using all three areas of the lungs (upper, middle and lower areas)
- Nadi Shodhana (Alternate nostril breath) Use natural breath alternating left then right nostrils using the hand mudra, or practicing mentally visualising the movement of breath in one nostril then the other.

### Meditation

- If you are familiar with a meditation practice you may like to finish your asana and pranayama session with 5 – 10 minutes of meditation e.g. body stillness awareness or breath awareness.

### Yoga Nidra

- Can be practiced at any time throughout the day

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