

[Breathing Through the Centers of Your Nostrils](#)

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Sit upright with your eyes closed or open. Find the center of each nostril. Bring your breath in and out through the centers of your nostrils. As you inhale through the centers of your nostrils, bring your breath into your whole body. To exhale, just let go and let your breath release. Let your exhale be at least as long as your inhale. Repeat this five more times. Then sit and breathe normally.