



KUNDALINI GLOBAL

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THE MAGNIFICENTS

U BREATH



Sit beautifully.
Eyes closed.
Use right thumb to block right nostril.
Inhale left. Hold for a moment.
Use left index finger to block left nostril.
Exhale right.
Inhale right. Hold for a moment.
Exhale left.
Inhale left. Hold for a moment.
Continue, exhaling and inhaling on each side.

Find a class:
www.kundalini.global