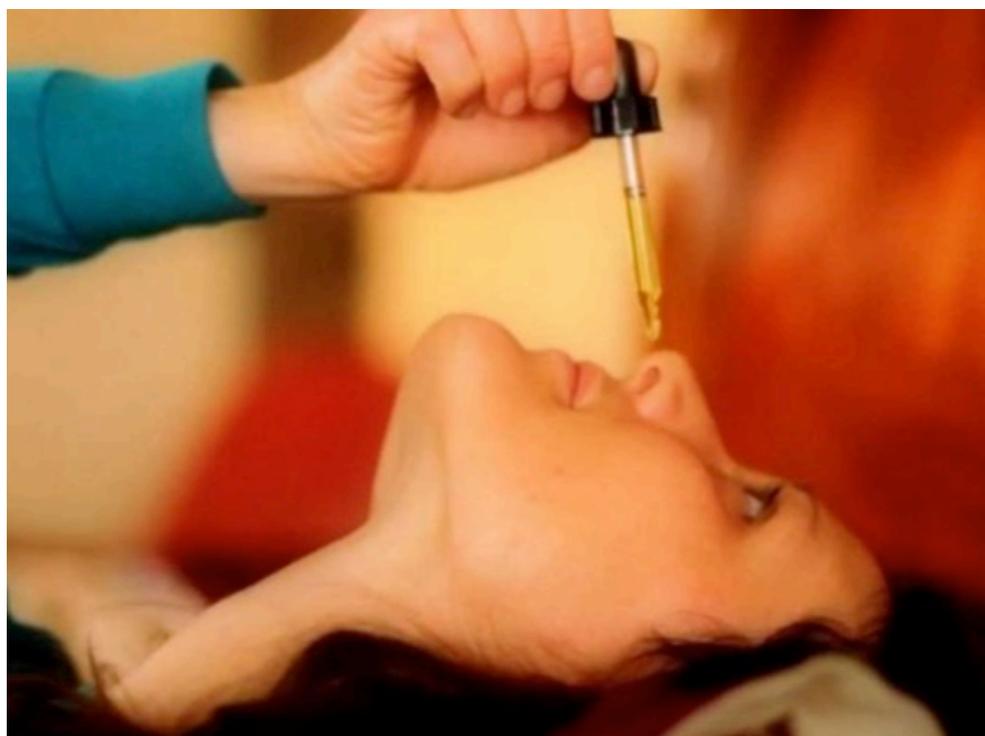


Nasal Breathing is necessary for your health. Support your breathing w/ a daily practice of Nasya



The nose is the direct route to the brain and also the doorway to an optimal functioning breath. It is the entrance for the vital life force that includes Oxygen, which comes into the lungs and then circulates through the body. The nose is the only “organ” that stimulates the diaphragm to work during breathing. Healthy un-congested nasal passages create a un-healthy habit of mouth breathing and forced breathing that leads to un-healthy consequences of over-breathing. When an excess of bodily fluids accumulates in the sinus, throat, nose, or head areas, it is best eliminated through the nose. The dryness of the air can also contribute to restrictions in nasal breathing. Using a seed oil, sesame or olive, or a medicated oil blend (the picture) is a well-tested **daily** practice to promote good health by optimizing good nasal breathing.

BENEFITS OF USING NASYA

- Lubricates and protects the nasal passages and helps relieve sinus congestion. Adds a layer of resilient support for your immunity.
- Helps with any cleansing process.
- Provides soothing relief for nasal dryness.
- Helps to release tension in the head and relieve accumulated stress
- Balancing tendencies of constriction, inflammation, congestion.
- Traditionally said to improve quality of voice, strengthen vision, promote mental clarity, soothe neck pain, and breathing.

THE PRACTICE

1. Perform 30 minutes before you eat if you do before a meal.
2. Begin by comfortably lying down on your back and tilting your head slightly back with your nostrils opening towards the sky. If you are lying on a bed, you may support your head with placing a small pillow under your neck for support.
3. Place 3-4 drops of nasya oil in each nostril. With skill, you can administer the oil drop by drop, circling the inside perimeter of the nostril, thoroughly coating the nasal membranes.
4. Take a few short sniffs in, then rest for a few minutes allowing the nasya to absorb.



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