

Santhika Retreat Center

PRANAYAMA FOR CONTROL OF METABOLISM

People who cannot control their eating have no control over their metabolism. It is a problem in the Eastern Hemisphere of the brain, which results in lack of endurance, effectiveness, and self-respect.

To correct the problem, breathe long and deep through the left nostril for 31 minutes a day for 90 days. Once you can control this, you can control anything.

