



**Santhika
Retreat
Center**

Ganesha Meditation

Yogi Bhajan

www.santhikaretreatcenter.com

Make a fist with your left hand, but extend the thumb and pinkie. Then grab your left pinkie with your right hand, also in a fist.

Take the left thumb and push it into the notch at the top of your nose. Close your eyes and breathe long and deeply through your nose for 3 minutes.

This is a great exercise to do “when you want to change the page” on the way your day is going and start things over.

