Seven-Day Swara Observation

A practical diary for noticing the living rhythm of breath, activity and state - without forcing a result.

What this sheet teaches

Swara Yoga begins with direct observation. At several ordinary moments each day, notice which nostril feels clearer, how the breath moves, what you are doing, and how body and mind respond. The aim is not to predict every event. It is to replace assumption with a disciplined record of your own changing pattern.

The two nostrils often alternate naturally. Posture, congestion, food, emotion, sleep, exertion and environment can all influence the flow. One week does not establish a universal law; it gives you a truthful beginning for further study.

How to observe

1	Sit or stand normally. Do not manipulate the breath before observing.
2	Breathe out gently beneath the nostrils or test each side separately without closing it hard.
3	Record Left, Right, Balanced or Unclear. Add breath quality and your present state.
4	Observe again after an activity. Compare the change and the actual result.

Safety: natural observation is gentle, but breathing difficulty, persistent one-sided blockage, pain, wheezing or dizziness deserves appropriate health assessment. Do not use this sheet to diagnose disease or to replace prescribed care.

A simple vocabulary

Left / Ida: the left nostril is clearer. **Right / Pingala:** the right nostril is clearer. **Balanced:** both feel nearly equal. **Swara:** the living flow and quality of breath, not only the quantity of air.

Your intention for the week

I want to observe:	
Usual practice time:	
Health or teacher guidance to remember:	

Day 1 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Day 2 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Day 3 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Day 4 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Day 5 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Day 6 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Day 7 - observe before interpreting

Time / situation	Swara	Breath quality	Body / mind	What changed afterwards?
After waking				
Before main work				
Before food				
Evening				
Your chosen moment				

One pattern I noticed:

One question I will carry into tomorrow:

Review after seven days

Look for relationships, not rigid rules. A pattern becomes meaningful when it is repeated and compared with real conditions and outcomes.

Questions for reflection

At which times did left, right or balanced flow appear most often?

Which observations may have been influenced by posture, congestion, food, sleep or exertion?

Did the breath change before or after a change in mood or activity?

Which practice left you clearer and steadier? Which left you strained or agitated?

What needs a longer diary before you form a conclusion?

What would you like to ask a competent teacher?

Continue carefully

A useful next step is to repeat the diary for three or four weeks, then study the observations with the Swara Yoga teachings. Do not force a nostril simply because a chart labels one side desirable. Practice is selected according to the person, purpose, time and actual after-effect.

Learn: swarayoga.org/swara-yoga - Guidance: swarayoga.org/consultation

Prepared by Swara Yoga Peeth, Rishikesh. This educational sheet supports observation and learning; it is not a medical diagnostic tool.