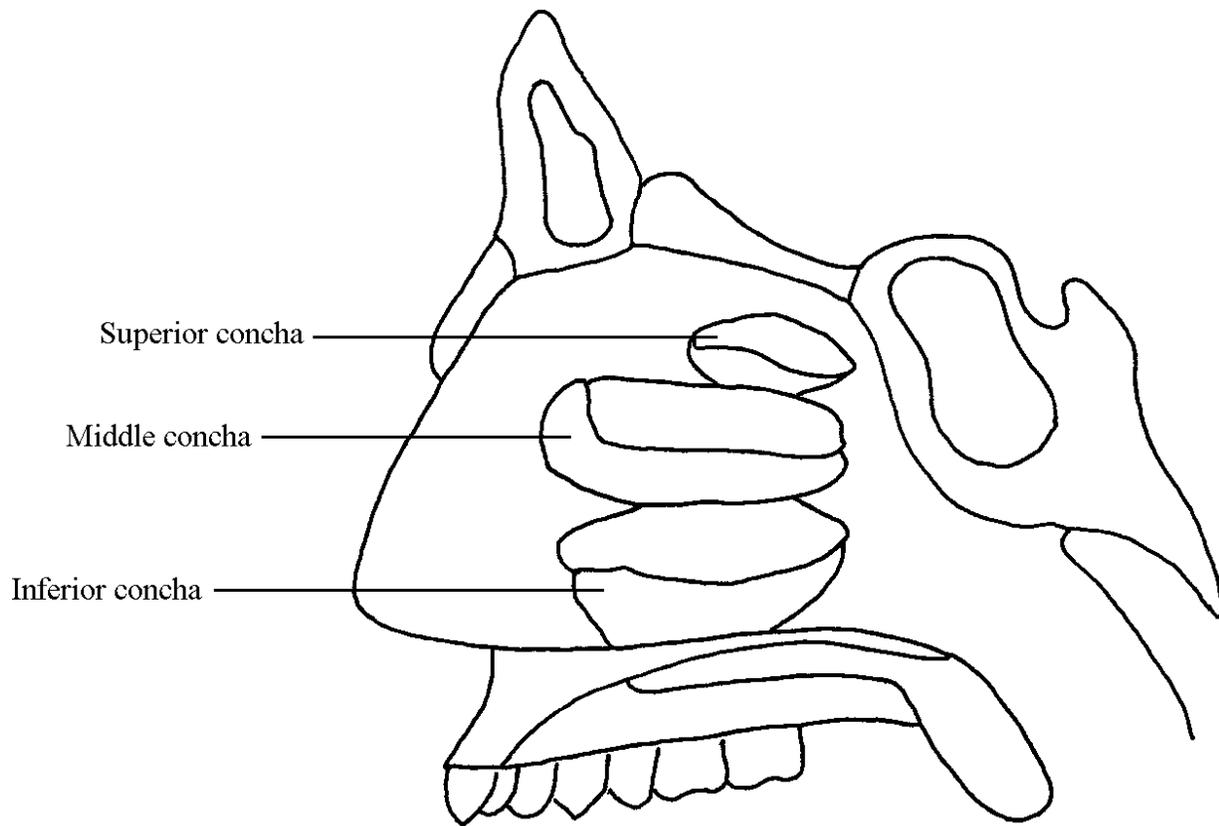


Concha of the Nose



Inside View of the Lateral Wall of the Right Nasal Cavity

There are six concha, three on each side of the nose. They are the superior, middle, and inferior concha.

The concha are so named because their inner surfaces are spiralic. This allows the air entering and exiting our nose to travel through six spiralic chambers.

Exploring, breathing, sounding, and initiating movement of your head from each concha and their combinations is a wonderful practice in opening consciousness of self and perception of the world around you.