Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

Balloon Breath

Fill the balloon



Big breath.
Soft release.

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How to Practice

1. Rest your hands on your belly.
2. Breathe in and imagine a balloon gently filling.
3. Breathe out and imagine it softly shrinking.

Try It...

Choose a colour for your balloon.

Mindful Moment

What colour is your balloon today?

Breathe gently. Stop if you feel uncomfortable.