Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

Belly Breathing
Our Superpower



Slow breaths. Big calm. ♡

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How to Practice

1. Rest a hand on your belly.
2. Breathe in gently through your nose.
3. Feel your belly rise, then soften as you breathe out.

Try It...

Take 3–5 comfortable breaths.

Mindful Moment

What do you notice in your belly?

Breathe gently. Stop if you feel uncomfortable.