Little Lotus Buds

BREATHE • GROW • BE WELL

Box Breath

A square of calm



Slow. Focused. Calm.

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Trace one side of a square while breathing in.
2. Trace the next side while breathing out.
3. Continue around the square at an easy pace.

Try It...

Try tracing a square with your finger.

Mindful Moment

How does tracing help you focus?

Breathe gently. Stop if you feel uncomfortable.