Little Lotus Buds

BREATHE · MOVE · GROW · BE WELL

Bumble Bee Breath

A gentle buzz



Buzz away big feelings!

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BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Breathe in gently through your nose.
2. Breathe out with a soft humming “bzzzz.”
3. Notice the gentle vibration.

Try It...

Try a quiet, sleepy bee buzz.

Mindful Moment

Where do you feel the humming?

Breathe gently. Stop if you feel uncomfortable.