Little Lotus Buds

Bunny (Sniffs) Breath

Little Bunny Breaths



Sniff sniff.
Calm calm. ♡

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Pretend you are a curious bunny.
2. Take two or three tiny, gentle sniffs.
3. Return to easy, natural breathing.

Try It...

Wiggle your bunny nose.

Mindful Moment

What would your bunny like to smell?

Breathe gently. Stop if you feel uncomfortable.