Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

Dragon Breath

Strong and steady



Strong breath.
Brave you. ♡

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Breathe in softly through your nose.
2. Breathe out with a gentle “ssss” sound.
3. Imagine you are a friendly dragon.

Try It...

Make a quiet dragon breeze.

Mindful Moment

Does your dragon feel peaceful or playful?

Breathe gently. Stop if you feel uncomfortable.