Little Lotus Buds

Feather Blowing

Light and gentle



Let your breath.
be light.

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Imagine a soft feather in your hand.
2. Take a comfortable breath in.
3. Breathe out gently to make it float.

Try It...

Use a pretend feather or a tissue.

Mindful Moment

Can you make your breath softer?

Breathe gently. Stop if you feel uncomfortable.