Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

Flower Breath

Smell the flower



Breathe in peace,
blow out worry.

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Pretend you are holding a flower.
2. Breathe in softly as if smelling it.
3. Breathe out gently as if moving its petals.

Try It...

Imagine your favourite flower.

Mindful Moment

What does your flower smell like?

Breathe gently. Stop if you feel uncomfortable.