Little Lotus Buds

HobermanSphere Breath

A deep gentle hug



Hug yourself
with your breath. ♡

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Hold a Hoberman sphere gently with both hands.
2. Open it slowly as you breathe in.
3. Close it slowly as you breathe out.

Try It...

No sphere? Open and close your hands.

Mindful Moment

How does your breath match the movement?

Breathe gently. Stop if you feel uncomfortable.