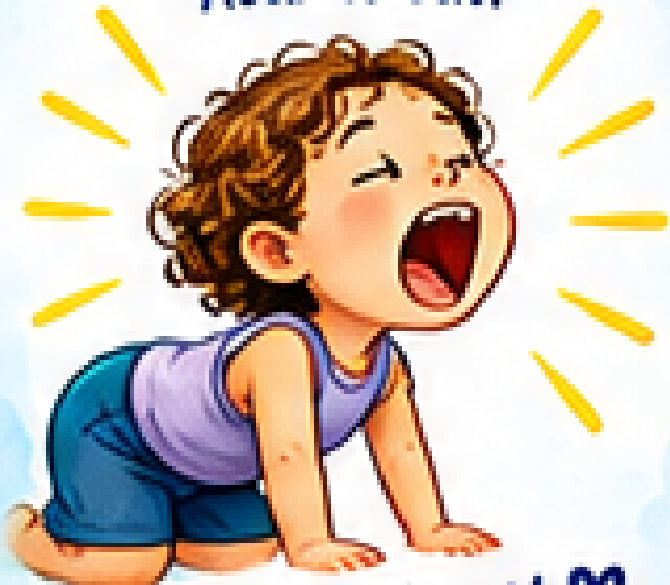
Little Lotus Buds

Lions Breath

Roar it out!



Let it out!

Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Breathe in gently through your nose.
2. Open your mouth wide and stick out your tongue.
3. Breathe out with a playful “haa!”

Try It...

Make a friendly lion face.

Mindful Moment

How do you feel after your lion breath?

Breathe gently. Stop if you feel uncomfortable.