Little Lotus Buds

Rainbow Breath

Breathe in the colours,
breathe out the calm



You are calm,
you are enough.

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BREATHE • MOVE • GROW • BE WELL

How to Practice

1. Sweep your arms up in an arc as you breathe in.
2. Bring them down as you breathe out.
3. Imagine painting a rainbow in the sky.

Try It...

Draw a rainbow with both arms.

Mindful Moment

Which colour feels calming to you?

Breathe gently. Stop if you feel uncomfortable.