Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

Star Breath

Reach for the stars



Reach. Breathe. Repeat.

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How to Practice

1. Reach your arms up like a star as you breathe in.
2. Lower your arms slowly as you breathe out.
3. Move at your own comfortable pace.

Try It...

Make three sparkling star shapes.

Mindful Moment

How does stretching feel?

Breathe gently. Stop if you feel uncomfortable.