

HEART BREATH

FILL YOURSELF UP WITH LOVE!

- 1.) THINK OF SOMEONE YOU LOVE.
- 2.) BREATH IN & COUNT TO 3
AS YOU TRACE UP THE HEART'S SIDE
- 3.) BREATH OUT & COUNT TO 3
AS YOU TRACE DOWN THE HEART'S SIDE

Breathe In & Count To 3

Breathe Out & Count To 3

