## CALM CLOVER BREATHS

- **\*** MAGICAL SHAMROCK BREATHING **\*** 
  - 1.) SLOWY BREATH IN AND OUT, AS YOU TRACE EACH LEAF.
  - 2.) PAUSE AT THE GOLDEN STAR AND HOLD FOR 3 SECONDS.
- 3.) COUNTINUE AROUND THECLOVER UNTILE YOU FEEL MAGICALLY CALM.

