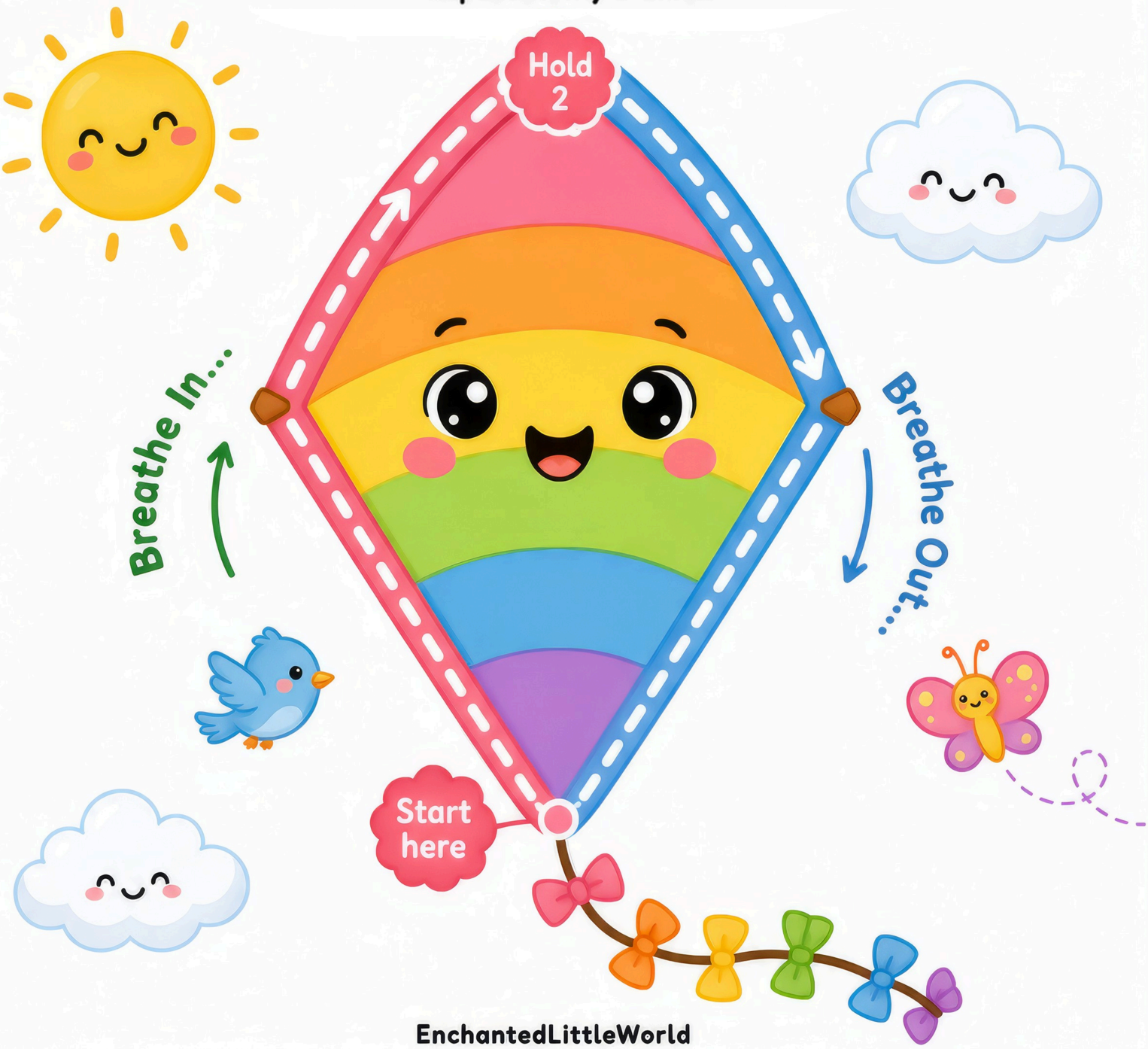
# KITE BREATHING

## SOAR INTO CALM

1. Place your finger on Start here.
2. Breathe in as you trace up the kite.
3. Hold at the top for 2 seconds.
4. Breathe out as you trace down the other side.

Repeat slowly 3 times.