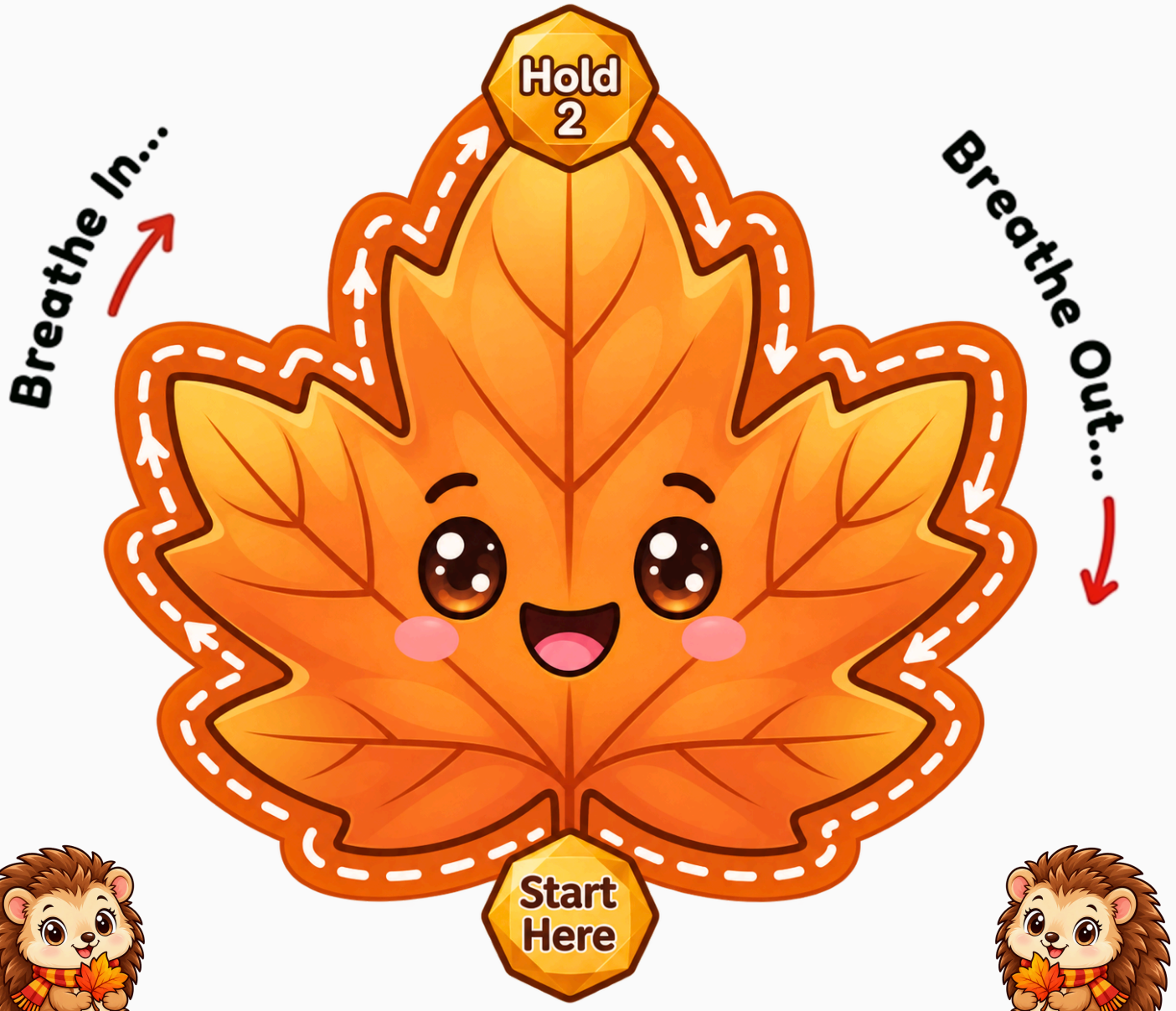
LEAF BREATHING

SWAY INTO CALM

1. Place your finger on **Start Here.**
2. Breathe in as you trace up one side of the leaf.
3. Hold at the top for 2 seconds.
4. Breathe out as you trace down the other side.
5. Repeat slowly 3 times.



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