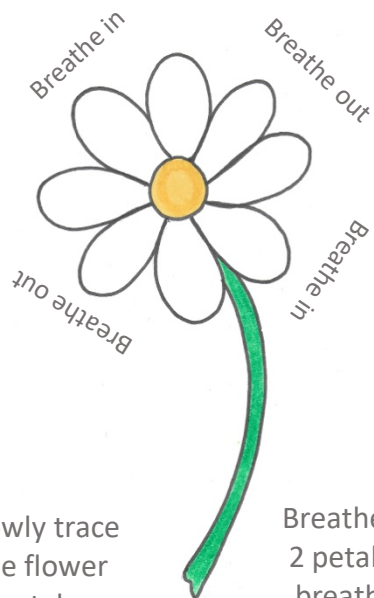




ar n-èisteachdan, **ar guth**
our hearings, **our voice**

Flower Breathing

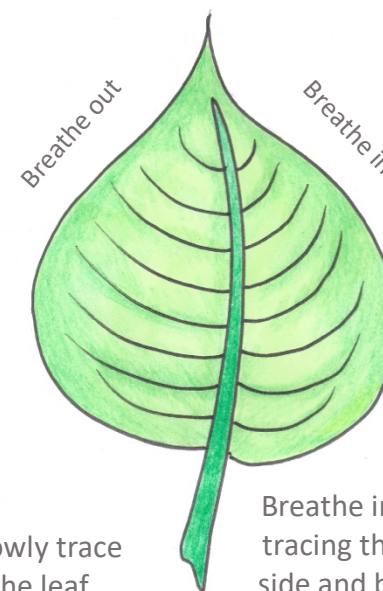


Slowly trace
the flower
petals.

Breathe in for
2 petals, and
breathe out
for 2 petals.

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Leaf Breathing



Slowly trace
the leaf.

Breathe in while
tracing the right
side and breathe
out while tracing
the left side.

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