

BREATHING EXERCISE

Instructions on back!



Bunny Breath

**mind
body
align**

Bunny Breath

Bunny Breath helps you feel calm and focused—just like a little bunny in the labyrinth garden! You'll sniff the air with your bunny nose and gently blow your breath out, as if you're blowing on a dandelion puff.

INSTRUCTIONS

1. Imagine you're a soft, fluffy bunny. You can close your eyes if it feels okay.
2. Wiggle your nose like you're smelling a clover.
3. Sniff in through your nose three quick times: sniff-sniff-sniff.
4. Blow out slowly through your mouth, like you're blowing a dandelion.
5. Let's do it again: sniff-sniff-sniff... and blow out slowly.
6. One more time: sniff-sniff-sniff... and blow out gently.
7. Notice how calm and peaceful your bunny body feels now.