



# KITE

# BREATH

Kite Breath helps you feel steady and relaxed, just like a kite floating in the sky. You'll breathe and pause as if you're tracing the shape of a flying kite.

## INSTRUCTIONS

1. Imagine a kite in your favorite color, floating high in the sky.
2. Breathe in through your nose.  
Count in your mind: "1... 2... 3... 4..."
3. Hold your breath. Count: "1... 2... 3... 4..."
4. Breathe out slowly through your mouth.  
Count: "1... 2... 3... 4..."
5. Pause. No breath. Just be still.  
Count: "1... 2... 3... 4..."
6. Let's fly our kites again! Breathe in, hold, breathe out, and pause.
7. Imagine your kite floating gently in the wind—peaceful and calm.

**mind  
body  
align**