

BUTTERFLY BREATHING



CLOSE YOUR EYES
HANDS ON THE GROUND



LIFT YOUR ARMS UP
BREATHE IN DEEPLY
COUNT 1...2...3...4...



ARMS UP! HOLD YOUR BREATH
COUNT 1... 2... 3...



LOWER YOUR ARMS
BREATHE OUT
COUNT 1... 2... 3... 4...



HANDS ON THE GROUND
HOLD YOUR BREATH
COUNT 1... 2... 3...

DO IT ALL AGAIN!