

LANTERN BREATHING

MAGICAL GLOWING CALMNESS

- ① **Breathe In** through your nose.
- ② **Trace up** the lantern as it fills with light.
- ③ **Pause** at the star and hold as you count to 3.
- ④ **Breathe out** through your mouth as you trace down.
- ⑤ **Repeat** until you feel your inner light is radiating calm!

