

## Bunny Breath Mindful Practice

Sit comfortably with your head reaching towards the sky, shoulders resting downward, feet flat on the floor or in a criss cross seated position. Keep your eyes at a gaze downward or close your eyes, if you are comfortable closing them.

1. Breathe at your natural pace through your nose. Notice how the air feels around your nostrils.
2. Scrunch up your nose as if you are a curious rabbit, sniffing around the garden.
3. Take in 3 quick breaths through your nose -“Sniff, sniff, sniff.”
4. Round your lips, and quickly exhale fully through your mouth. Notice how it feels to push all the air out of your body.
5. Repeat 3-6 times to develop a consistent rhythm.

How do you feel after this breathing practice?



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