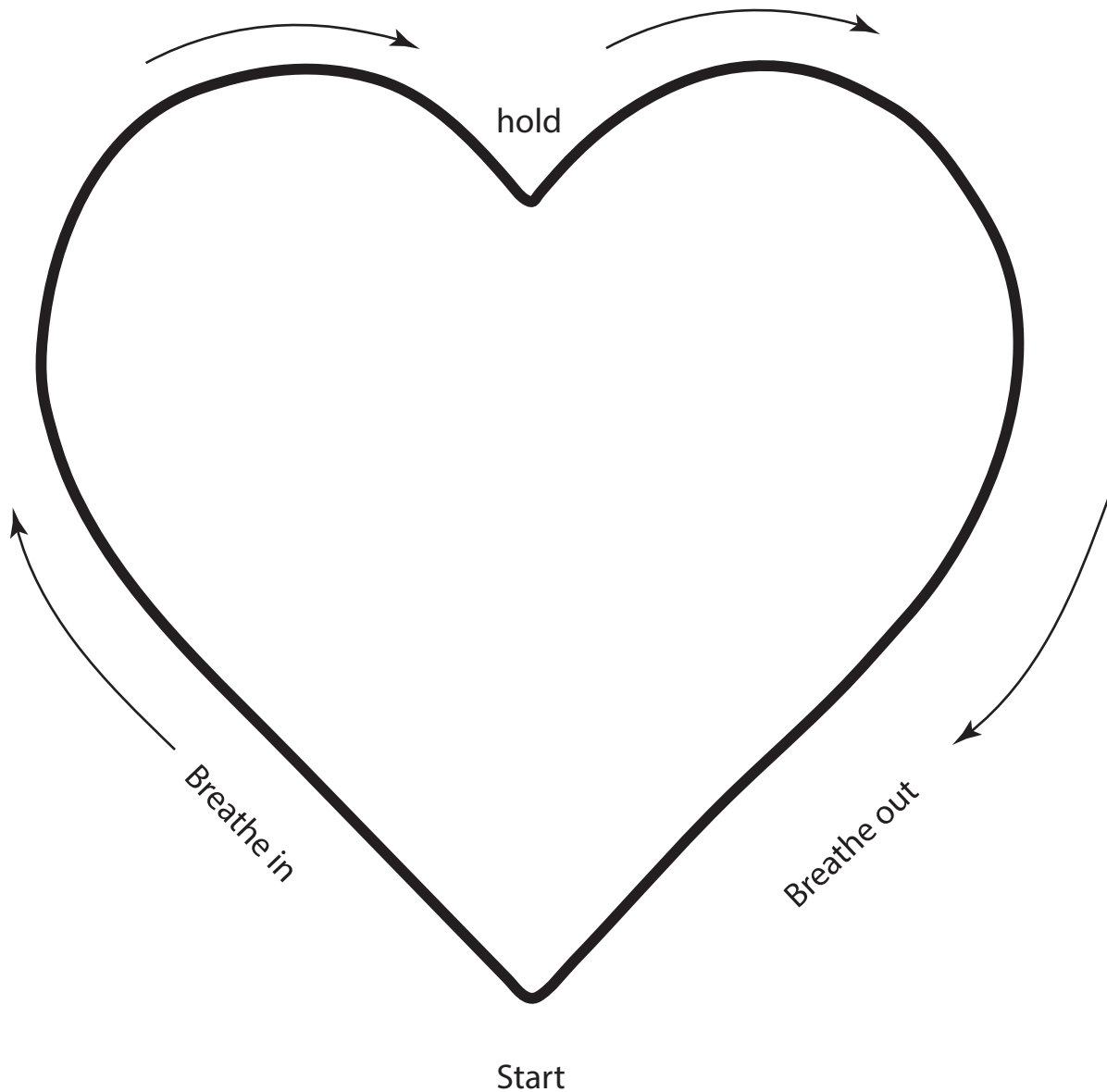


Heart Breath:

- Start at the bottom of the heart, think of someone you love. Trace the heart with the tip of your finger. Breathe in all the way up, hold for a second and breathe out all the way down again.



Breathing shapes encourage mindful breathing and promote loving kindness. Focus is required when you trace the shape, allowing you to engage in a calming and meditative breathing activity.