Rainbow Breathing

Breathe in

Breathe in

Breathe in

Breathe out

Breathe out

Breathe out
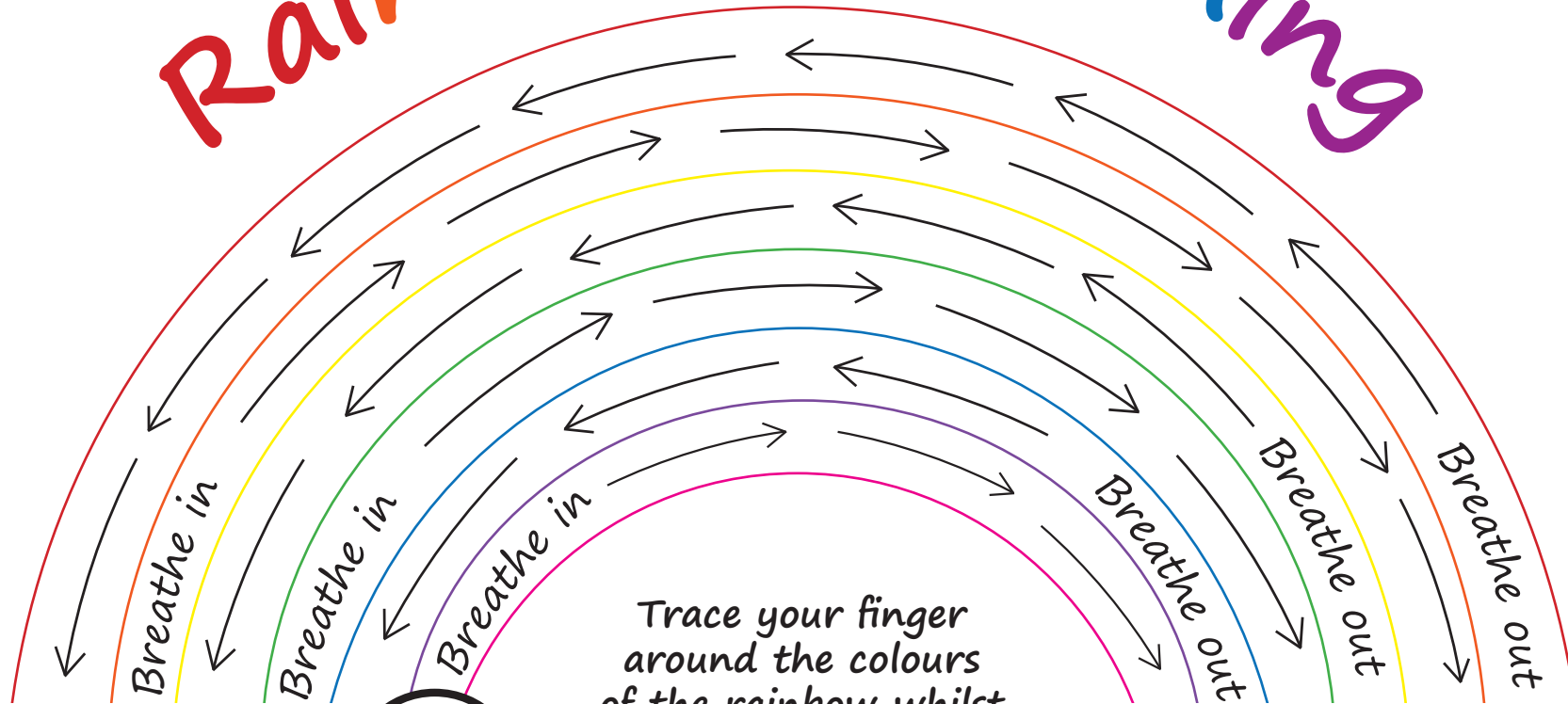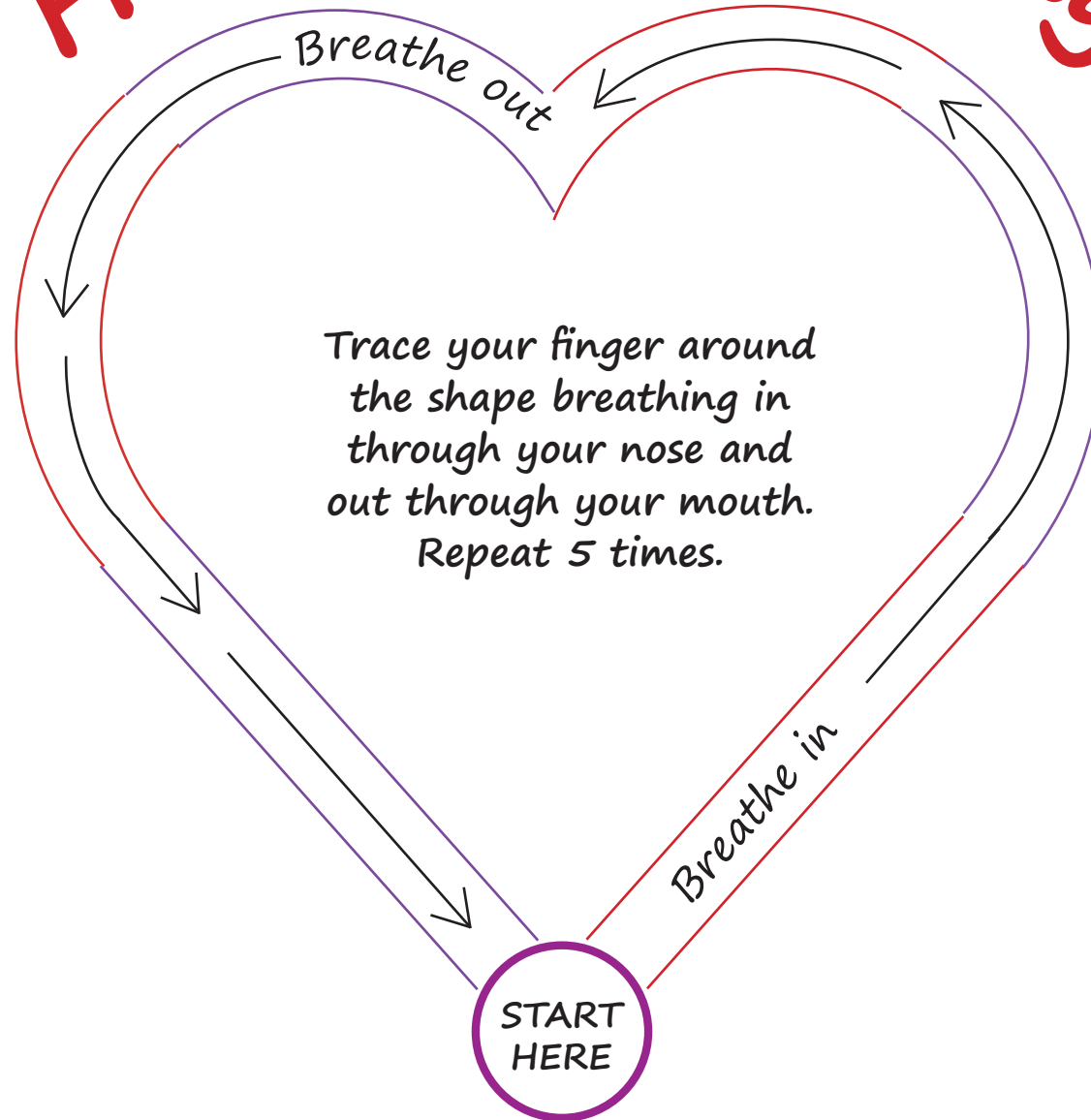
Breathe out

START HERE
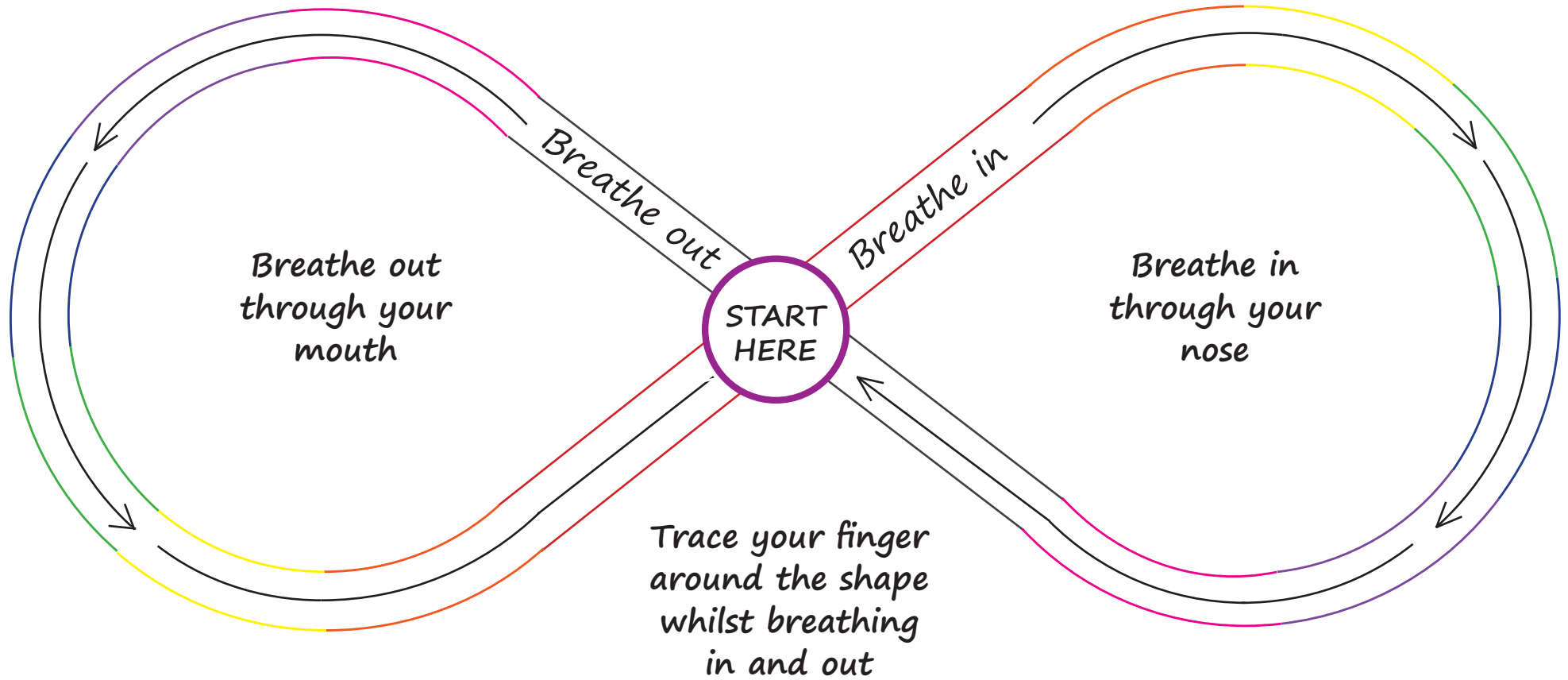
Trace your finger around the colours of the rainbow whilst breathing in through your nose and out through your mouth.

Heart Breathing

Breathe out

Trace your finger around
the shape breathing in
through your nose and
out through your mouth.
Repeat 5 times.

Breathe in

START
HERE

CHILDREN'S YOGA CLASSES & WORKSHOPS

Yoga
Robins

Infinity Breathing

Breathe out

Breathe in

Breathe out through your mouth

START HERE

Breathe in through your nose

Trace your finger around the shape whilst breathing in and out

Repeat 5 times

CHILDREN'S YOGA CLASSES & WORKSHOPS

Yoga Robins

Square Breathing

START HERE

Breathe in →

Breathe out

Trace your finger around the square whilst breathing in through your nose and out through your mouth.

Repeat 5 times

Breathe out

← Breathe in