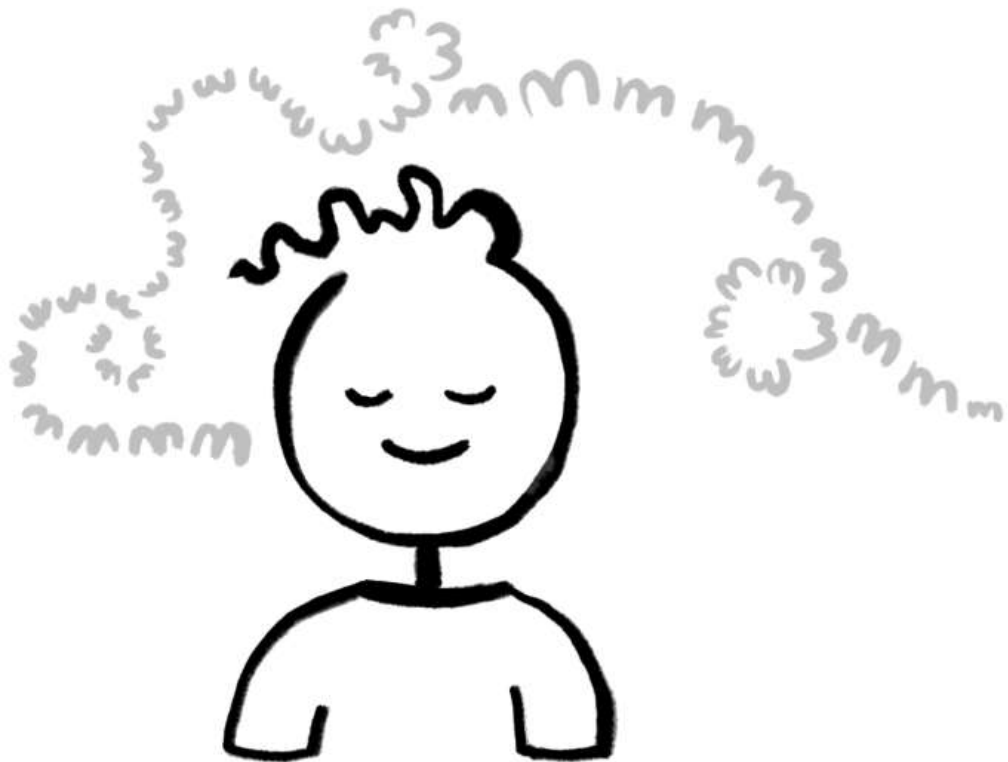




# Bumblebee Breath

**Relax the body and calm the nerves**



**“I float on the current of life.”**

Close your eyes and mouth. Bring your attention inside your body. Inhale. As you breathe out, make a humming sound like that of a bumble bee. As you hum, imagine that you are a bumblebee, flying from flower to flower. When finished, relax and notice how you feel.

Caution: Go gently with breathing or chest issues. © Happy Poses 2019

Check with a healthcare professional to make sure these exercises are appropriate for you.