Flower Breathing

Begin by sitting in a comfortable position. Hold a flower out in front of you. Close your eyes, take a deep breath in through your nose and imagine you are smelling the sweet scent of your favourite flower. Exhale through your mouth. Repeat for at least 5 breaths.

Extra
Give the flower a spray of calming essential oil, such as Lavender, Mandarin Orange, Vetiver or Frankinsense.