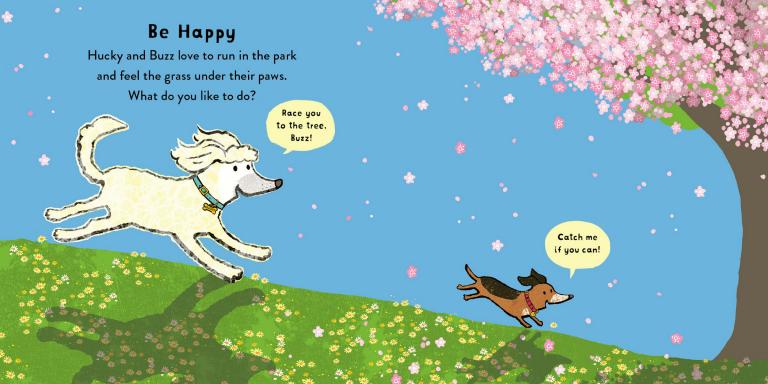
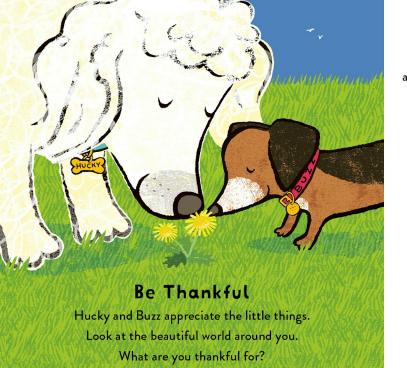
Little Book of Mindfulness

Maddy Bard

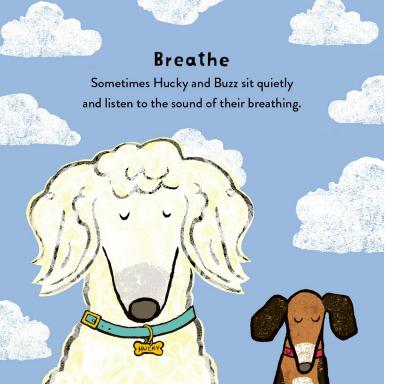
Emma













Put your hand on your tummy and breathe in slowly through your nose, then out through your mouth.

How does it make you feel?