



Mindful Tradition

Tummy Ride

JUST BREATH AND TRY SOME OF THESE.

- Choose a stuffed animal or something else that will rest comfortably on the tummy

- Find a comfortable place to lay down and place the item on the tummy and let the arms rest comfortable at the sides of the body

- Breathe normally in and out of the nose and watch the stuffie go up and down like it is on an elevator or riding on an ocean wave.

- Begin to count with the breath. Breath in - two - three, breath out - two three. Etc. Base how long you do the counting to match the attention span of the person you are supporting.

- If your item falls off, no worries, it is part of the journey and the practice. Just place it back and try again.

