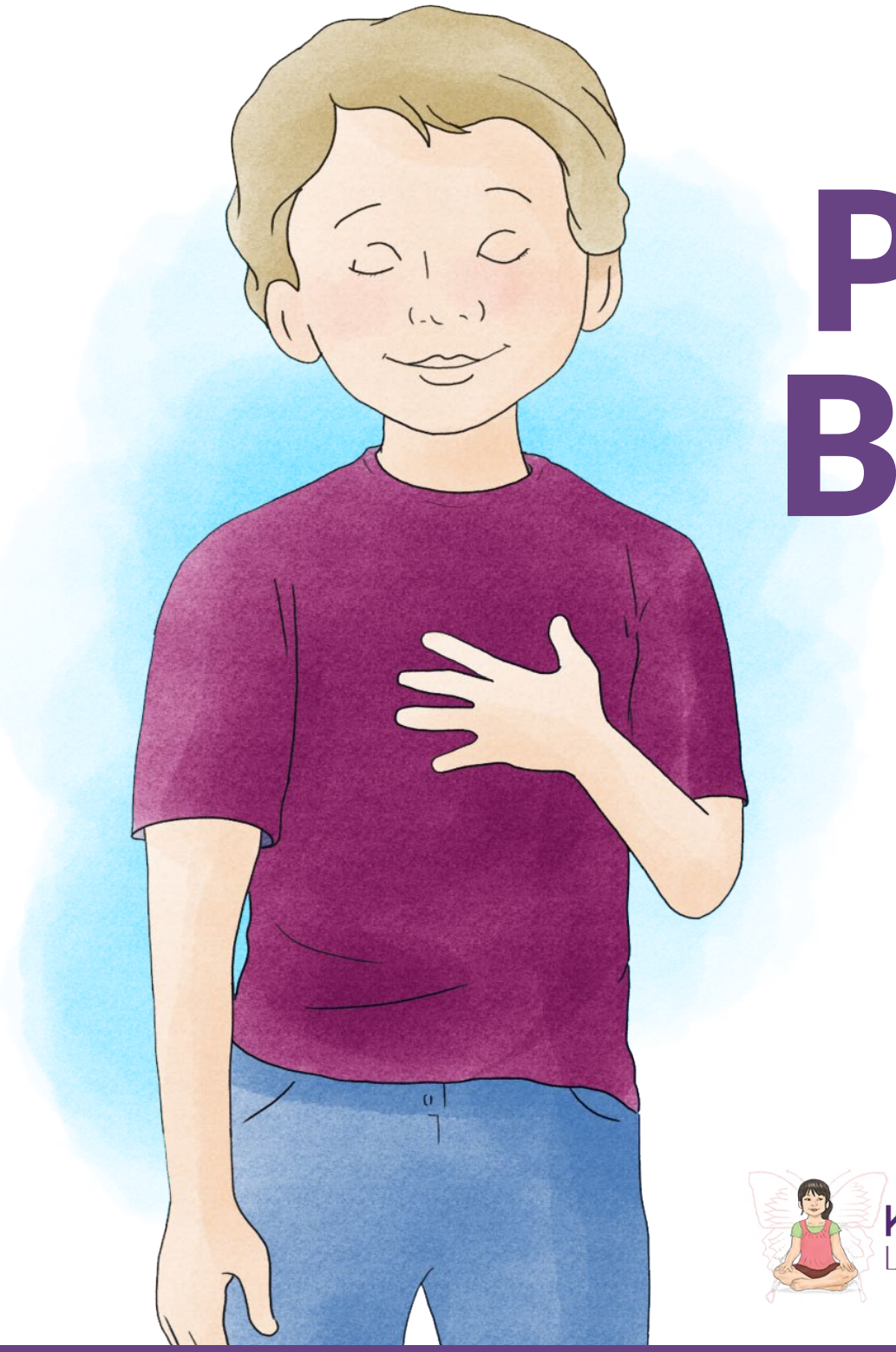

Pause Breath

KIDS YOGA STORIES
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How to Practice Pause Breath

Stop what you're doing and take a moment to pause. Place a hand on your chest, close your eyes if that's comfortable, and take a few deep breaths. Feel the rise and fall of your hand on your chest. Do this deep belly breathing for a minute to help slow down your mind and body.

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