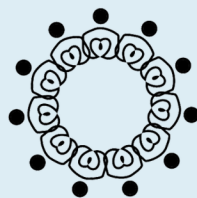
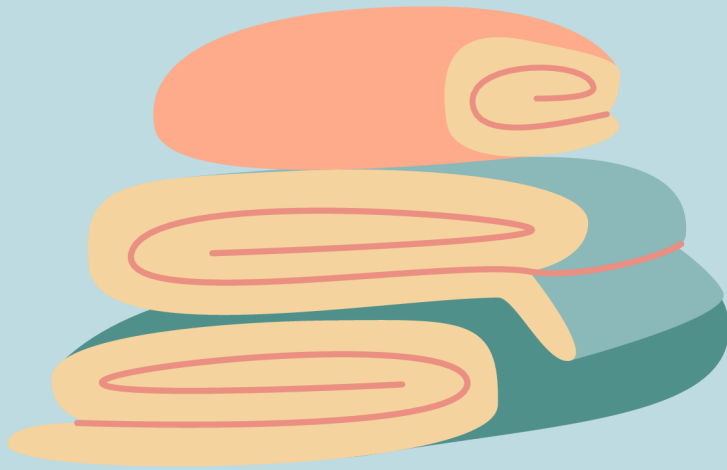


The Breathing L

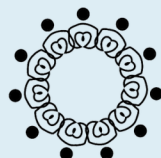
adder



The Breathing Ladder

What You'll Need!

- **A group of participants**
- **A soft surface (yoga mats, blankets, or carpeted floor for comfort)**
- **A quiet, relaxed environment**
- **An openness to mindful breathing and connection**

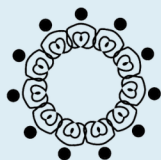
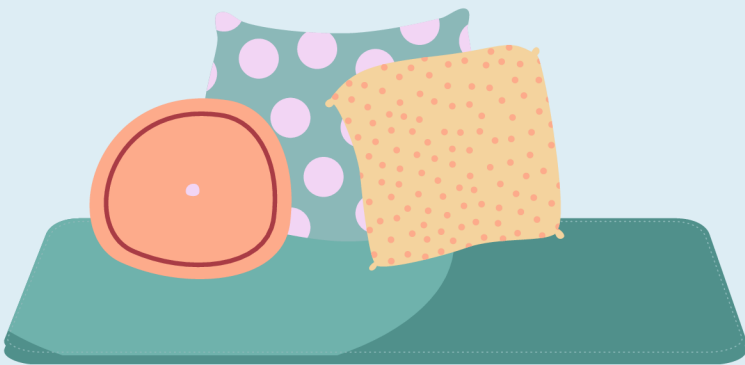


The Breathing Ladder

A fun and calming way to connect through breath!

This group or family activity invites you to breathe together, feel the rhythm of each other's breath, and notice the connection between movement and stillness.

Note: Not everyone may feel comfortable with this activity - use your judgment and make sure everyone feels safe and at ease.

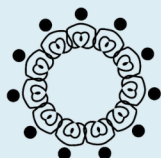
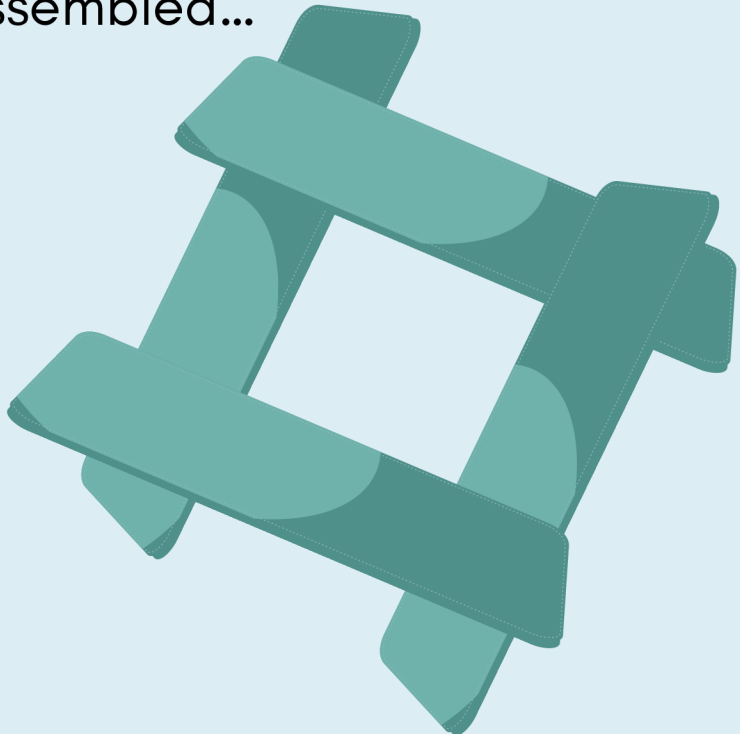


The Breathing Ladder

How to Build the Breathing Ladder

- 1) The first person lies down on their back.
- 2) The next person lies down, resting their head gently on the first person's stomach.
- 3) Continue building the ladder, with each person placing their head on the stomach of the person before them.

Once the ladder is assembled...



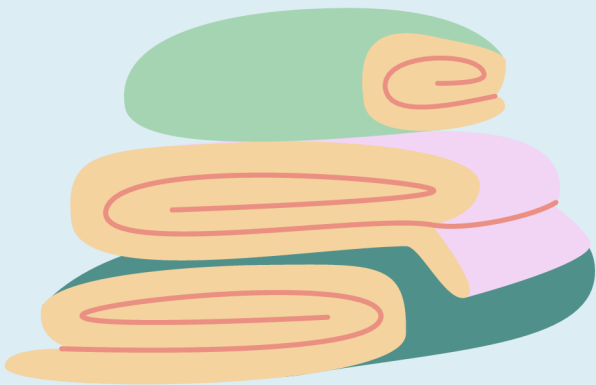
The Breathing Ladder

Notice the gentle rise and fall. Feel your head lift as the person beneath you breathes in, and lower as they breathe out.

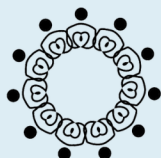
Tune into your own breath. Can you sync it with the person beneath you?

Listen, feel, and slow down. Deep, slow breaths together.

When you're ready, one by one, gently disassemble the ladder. Open your eyes, take a final deep breath, and notice how you feel.



Breathing together can help us feel calm, connected, and present in the moment.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

