

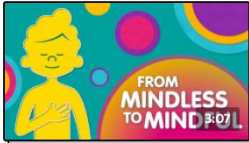
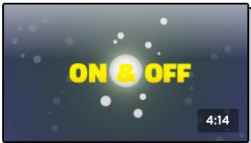
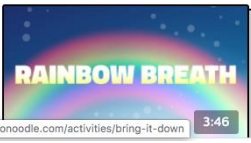
Great breathing exercises to calm.

<https://family.gonoodle.com/channels/flow>

family.gonoodle.com/channels/flow

Apps gosmat.org Bookmarks Ruth Ottley - Outl... https://www.myco... Audio/video librar... https://ce0101i.w... MedicalTracker

Relax, think positive, and flow with these mindfulness exercises.

 LIGERO COMO UNA PLUMA 3:29	 LET'S UNWIND 3:41	 FROM MINDLESS TO MINDFUL 3:07	 MELTING 3:38
 ON & OFF 4:14	 CHIN UP 3:50	 BRING IT DOWN 3:11	 WEATHER THE STORM 3:17
 RAINBOW BREATH 3:46	 VICTORIOUS 3:38	 SWIRLING 2:59	

tps://family.gonoodle.com/activities/bring-it-down