

Connecting with our breath...connecting with nature.

Nature Flow

Mindful movement
for wellbeing



Book 1

Pamila Shanti & Neelam River



Universe of Abundance

Bluebell Glade



Swirling Rivers



Garden of the Heart

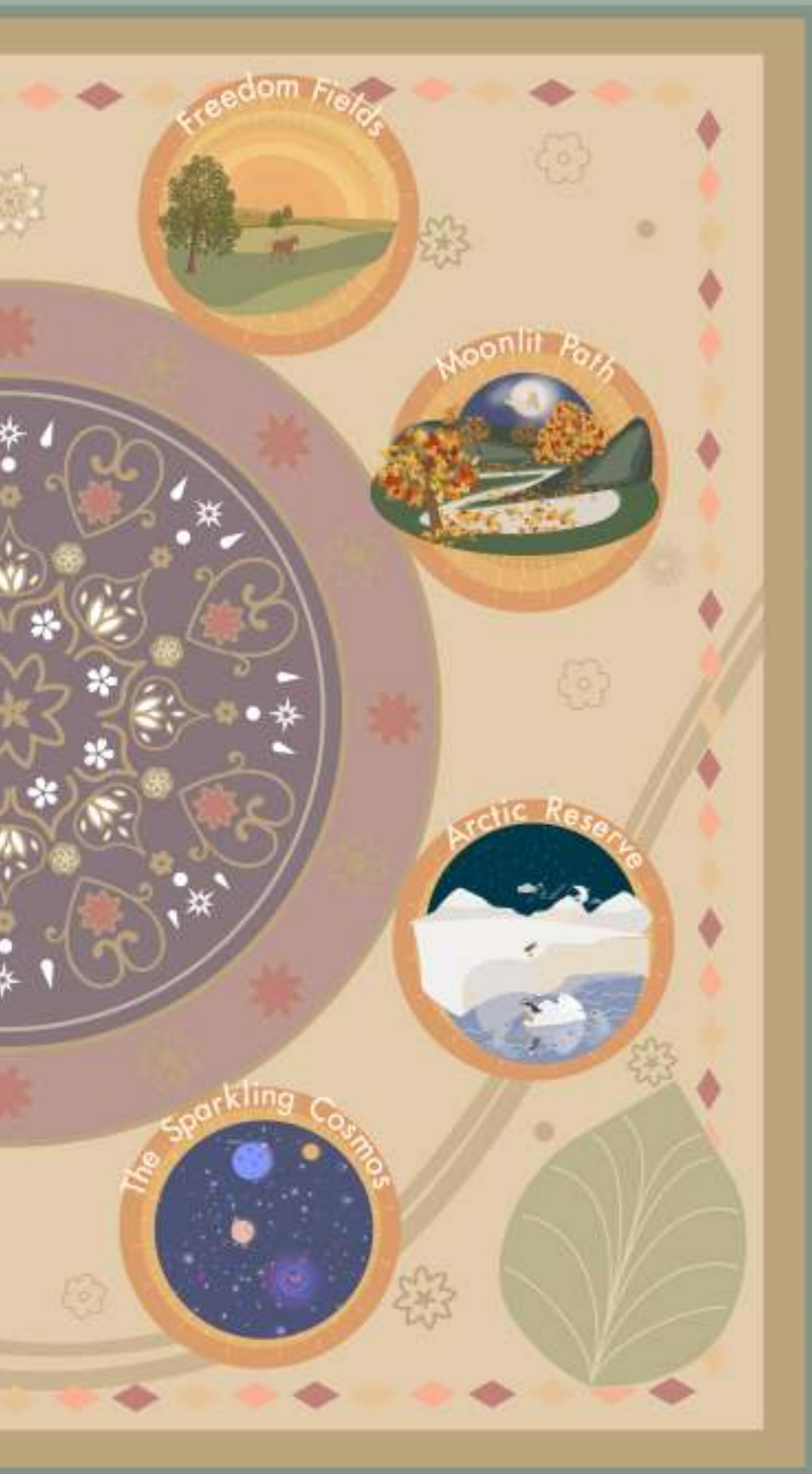


Misty Mountains



Book 1





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Thank you


A percentage of our profits
are donated to causes
that are helping our
communities and planet.



Connect with us to find out more!



Dedicated to all children;
past, present and future,
on our beautiful planet.

May we all live in balance and
harmony with our land, trees and seas.

May we all live in peace,
love and kindness.



This book belongs to...

.....
.....
.....

Note to self:

May I be safe.
May I be well.
May I be peaceful.



When you see the balance button  touch it and remember your note to self.

Contents

Page 1
Belly Breathing
Home

Page 3
Clear-Fill-Seal
Bluebell Glade

Page 7
Embrace Tree
Swirling Rivers

Page 11
Hands to Heart
Garden of the Heart

Page 15
Separating Clouds
Misty Mountains

Page 19
Wild Horse Shaking
Freedom Fields

Page 23
Wild Goose Flying
Moonlit Path

Page 27
Constant Bear
Arctic Reserve

Page 31
Closing Form
for Peaceful Energy
The Sparkling Cosmos

Page 35
Heart Space
My Home

Belly Breathing



@Home



Hello! My name is Earth
and this is my puppy, Sesame.

Come with us on a journey through nature where we will
learn how to move our body mindfully and know the
energies that we are growing in our heart.

Like any time you go on a journey,
make sure you are prepared...



Hydrate!

Make sure you have
your water bottle close by.



Make room to flow

Create a clear, calm and
tidy space around you.



Notice your breath

Place your hands over your
belly and take a deep breath
in and slowly breathe out.



I plant my feet firmly upon the ground,
I breathe in deep, my belly nice and round.
My mind roots down to the tips of my toes,
peace rises through me, I'm ready for Nature Flow...

Clear - Fill - Seal



@Bluebell Glade



A carpet of bluebells springs forth across the glade,
unhelpful thoughts are clearing then gently fade.
Moving with intention can change how I feel,
I will fill my space with what I want to be real.
Gathering the blossom dancing in the breeze,
I seal in radiance and peaceful energy.