



THE ART OF WELLBEING

# Breathe *deeply*



*Sometimes a few quiet breaths are all it takes to  
bring the body back to balance.*

Inhale slowly and deeply, hold it gently, then let it go, no effort necessary. Pause briefly, then start again. A few quiet cycles are enough. In this simple rhythm, something shifts.

Everything softens, and the mind follows.

STIRLINGSHIRE · SCOTLAND