

S.U.N

Leave the stress of the morning at the front door, it's time to breathe in the sunshine!

S - Stop at the front door

U - Uplift your face to the sun

N - Now close your eyes and imagine breathing in the sun, breathe in the warmth, let it fill your body up, breathe in the bright yellow light and let it fill your heart and mind. Breathe out the busyness of the morning, any tension, let it all leave your body. (Repeat 3 times)

Shine your sunny, bright smile throughout the day.

