Connecting with our breath...connecting with nature.

Nature Flow

Mindful movement for wellbeing

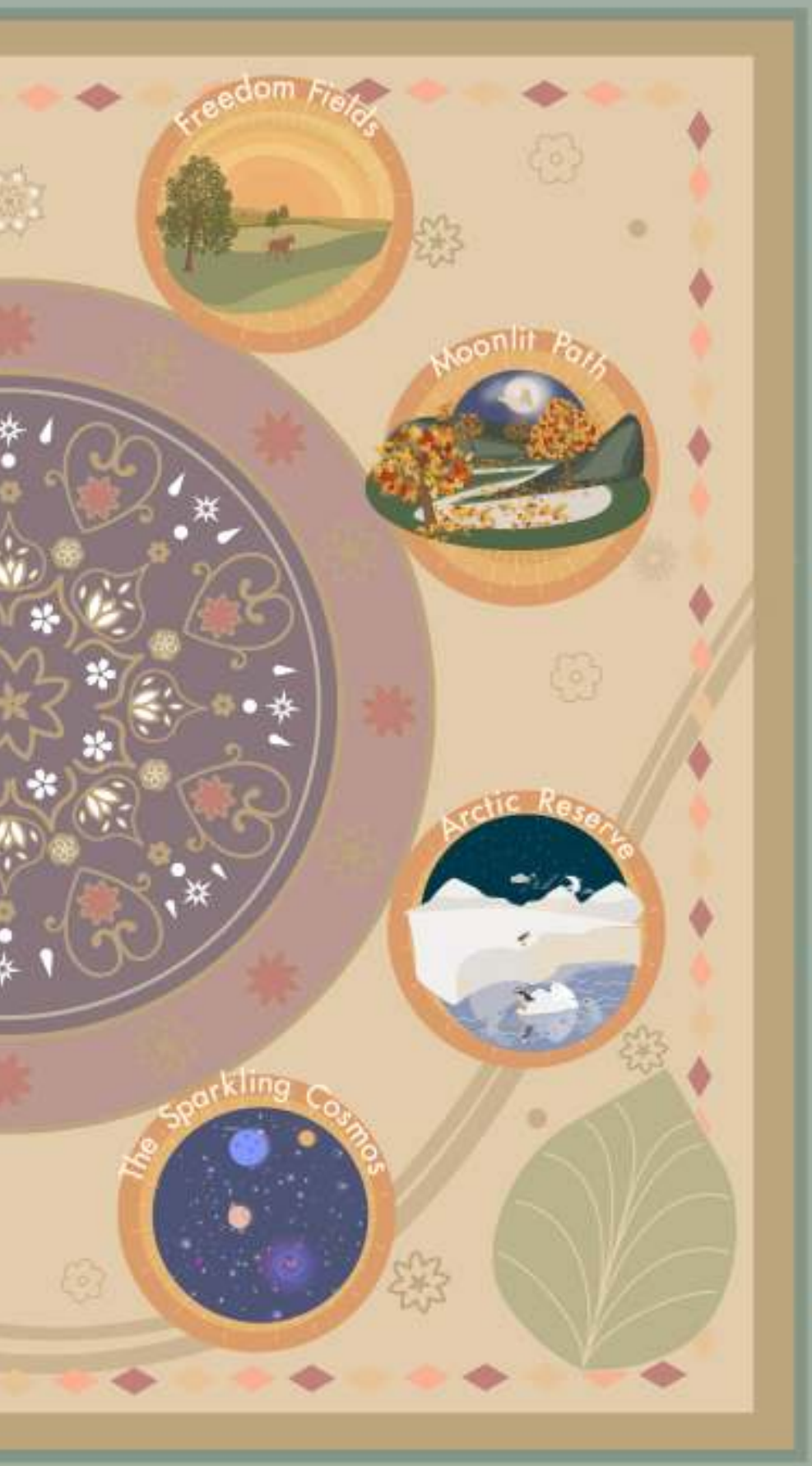


Book 1

Pamila Shanti & Neelam River




Universe of Abundance
Bluebell Glade
Swirling Rivers
Book 1
Garden of the Heart
Misty Mountains


Freedom Fields
Moonlit Path
Arctic Reserve
The Sparkling Cosmos

First published in 2022 in Great Britain.

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SEA LIGHT

www.sealight.life



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.

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Belly Breathing



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



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.