



Peace Breath



Want to feel full of peace and joy?

What to learn a fun word in a new language?

Then peace breath is a great activity for you!

"Shanti"



For this practice we will say the word "Shanti".
Shanti means "peace" in Sanskrit.
Sanskrit is a language from India.

**Shanti is the kind of peace where
you feel calm AND happy!**

Shhh - awn - tee

1. Start by making the sound "shhh" and slowly saying "aawwn". Just like the name Shawn!
2. Say the word "tee" and make the "ee" sound at the end last a long time.

**How to
say
Shanti**

**How to do
peace breath**

Step 1

Sit on the ground or in a chair.
Close your eyes. Breathe in and out
slowly through your nose.

Step 2

When you breathe in,
imagine that your
heart is filling up
with peace and
joy.

Step 3

When you breathe
out, slowly and softly
say shanti.

Shh-awn-tee



Step 4

Repeat several
times. Imagine
your heart filling
up with peace
and then sharing
that peace with
others.



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