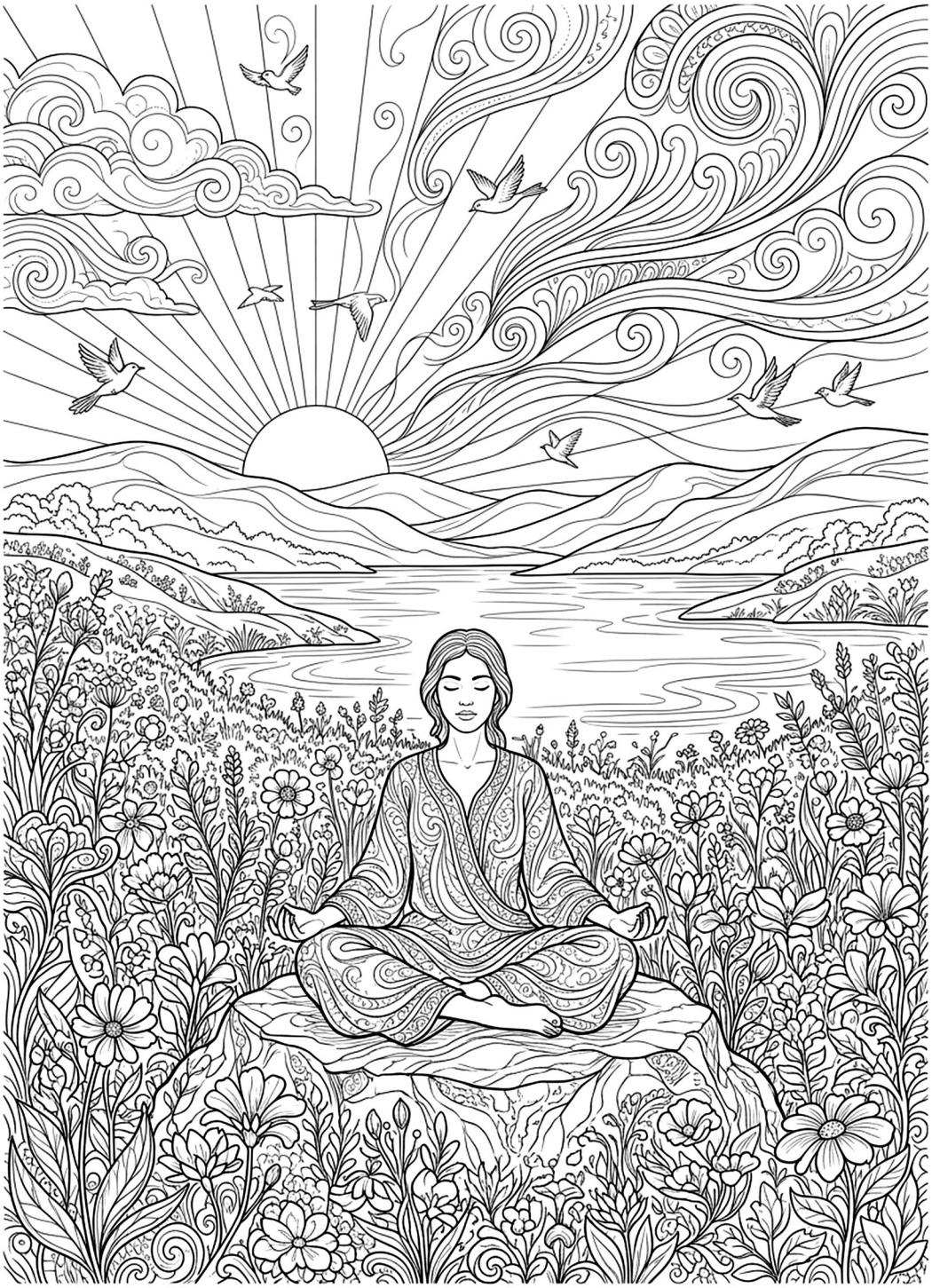
Mindfulness: Morning Breath

RELAX



WORDS breathe = dýchať · sunrise = východ slnka · calm = pokoj · moment = okamih · gratitude = vďačnosť

Slow down and breathe.

Spomaľ a dýchaj.

THINK: What are you grateful for this morning?

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