

Mindful Breathing Wishes for Your Daily Practice

May I realize
the gift of my
in-breath and
my out-breath.

May I breathe in
and breathe out
consciously
during my day.

May I take
deep in-breaths and
slow out-breaths to
refresh myself.

May I dwell in
the present
moment, anchored
by my breath.

May I breathe
consciously to
enjoy all the
wonders of life.

May I smile,
breathe, and
go slowly.

We hope you enjoy these **Mindfulness Circles**, with wishes as gentle reminders for your daily mindful breathing practice.

Please print, clip the circles, and post them
in your home, car, and workplace.

♥ **Awakening the Mind & Heart, Blog Series**©

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