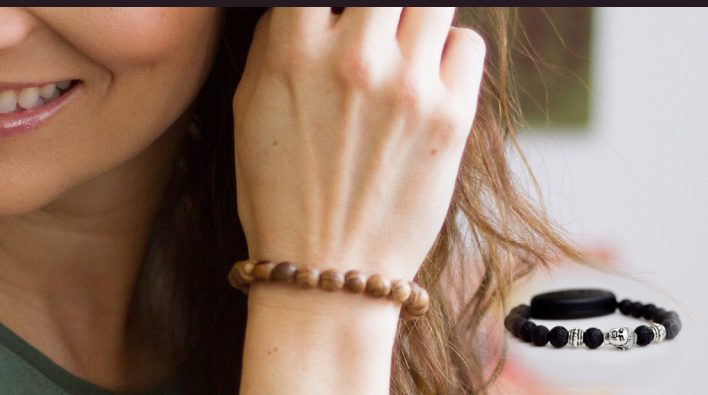


Your Mindfulness Solution

Pause... take a deep breath...
Re-frame your thoughts...



This is your mindfulness solution - a simple tool to help add Gratitude, Awareness and Meaningful Moments to your busy life...

Your meaning to pause® bracelet provides a private, gentle vibration every 60 or 90 minutes, prompting you to pause from whatever you are doing and reframe your thoughts.

There are endless ways to decide how you will use your pauses throughout the day. You can even synchronize with others to pause for a cause or to pray / meditate together and remember your daily intentions.

Available in natural stone, mala beads, sterling silver and more.



We make each bracelet by hand. Pause now to create one that inspires you and consider a gift of pause for a friend too! Receive 20% off your order when you use code: BEMINDFULNOW at checkout

shop.meaningtopause.com