

meaning to pause® bracelets have been so inspiring and life changing to our community.

Self development and awareness can be hard and challenging on it's own. As a yoga instructor I'm always reminding myself as well as my students to remember to breathe and to observe our inward script.

The meaning to pause® bracelet has been an amazing tool that empowers my daily practice as well as my students' - we remember to pause, breathe, observe and let go.

Patty Gorder

Namasté Massage and Yoga Studio

meaning to pause® provides a gentle vibration every 60 or 90 minutes prompting you to redirect your thoughts and focus on what is important to you.

**Remember to remember
Be present in the moment**



give your life *meaning to pause®*

meaning to pause® bracelets are made with powerful intent and are beautifully crafted with unique and high vibrational beads. Each bracelet is unique and beautiful. They are a true reflection of each of us.

Our unisex, beaded wrist bands are hand strung using Natural Stones, Tibet or Sterling Silver, Gemstones and more....

As an added benefit to your mindful practice, we can also create "A Custom Pause" by adding a word, phrase or photo to your bracelet.

Use code *SHAMBHALASUN2014* at checkout by 06/30/14 and receive 20% off your purchase.

<http://www.meaningtopause.com>