

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

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 unique and beautifully hand crafted.

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 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>