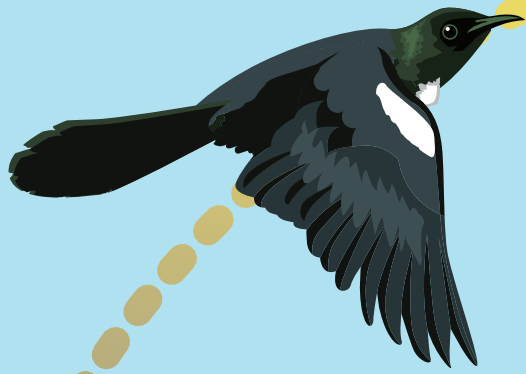


Take a break to breathe



**Breathe
in and follow
the tui's flight.**

**Breathe out and
swim with the Dusky.**

**Try doing this a few
times, slowly. How
do you feel
now?**



**Whenever you need it, your breath is
here to allow you to connect to your
body, and remind you to be present.**

pausebreathesmile.nz

**Pause
Breathe
Smile**



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