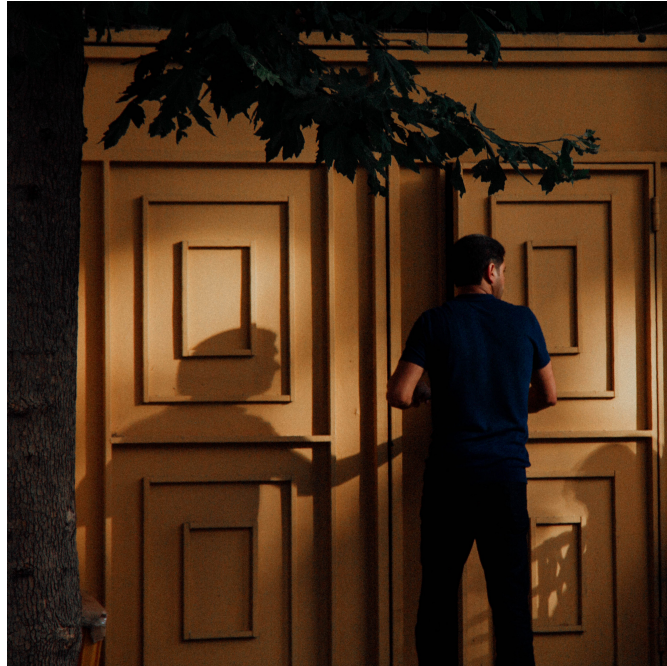




## THE TWO FEET AND A BREATH PRACTICE

instructions on returning to mindful awareness throughout the day



Pause before opening a door into a meeting, exam or interview...

**Two Feet** – feel your feet on the ground  
**and a breath** – be aware through one breath cycle.

And continue into the room. A little more present.

For more RESOURCES go to:  
<https://mindfulnessnorthwest.com/resources>