

Take a Moment to Breathe Bundle

Commercial kit ID: 1013.1568

Copyright © 2016, Designs by Laura Burger

All rights reserved

Papers



Embellishments



You don't always need to
be getting stuff done.
Sometimes it's perfectly okay,
and absolutely necessary to
shut down, kick back,
and do nothing.

Life
is not measured
by the breaths we take,
but the moments
that take our
breath away.

Breathing in,
I calm my body.
Breathing out,
I smile.
Dwelling in the present moment,
I know this is a wonderful moment.

Art
for me
is like
breathing

Live for
the
moments
you can't
put into
words

inhale confidence
exhale doubt.

Little by little.
Day by Day.

Wherever you are,
be all there.

