



# Smile Pose

**Being present in the moment**



**“My inside-self is happy.”**

Stand or sit comfortably with a relaxed face and body. Bring your attention to breathing in and breathing out. Keep a calm breath. Be fully aware of what is happening around you at the moment. Imagine the center of your true self, where there is love and light. As you go about your day, let your gratitude shine from your heart.

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