



Breathe

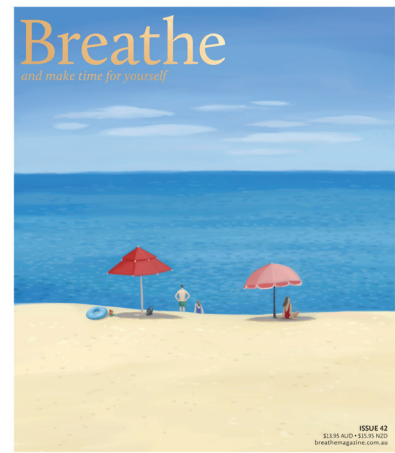
and make time for yourself

A gift
for you

WELLBEING • MINDFULNESS • CREATIVITY • ESCAPING



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When did you last take time to breathe?
Be still, fill your lungs and let it all out?

Breathe Magazine Australia is your ultimate body-and-soul guide to a happier, healthier life. Make time for yourself and be inspired by thought-provoking stories covering wellbeing, mindfulness and creativity.

TO: _____

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