



PRACTICE IN PEACE

With Your Polite & Personalized Do Not Disturb Sign

Choose your message. Print the page on heavy paper, cut out the door hanger, cut out a small hole at the top (the white circle). Then attach a red ribbon and your do not disturb sign is ready to use. Simply hang it on the door to your sanctuary to politely indicate to others sharing your home that you are practicing yoga and/or meditation and should not be disturbed.







I'm
reconnecting
with the
Universe

Come join me later





I'm reuniting
with my
higher self

We'll see you later



