



breathe bar @mybreathebar · Feb 11



The view from our sesh this morning w/
[@kitandace](#) & [@NoDenialFoods](#). AMAZING!
Sign up for a class to see for yourself
[#meditation](#) [#breathebar](#)



BIG NEWS

studio opening

breathe bar

March 31



mybreathebar.com



mybreathebar

42 likes

1d

mybreathebar We have BIG news! breathe bar is opening up our studio soon! Doors won't officially open until March 31st, but we are so, so excited to welcome you into our new space at 946 W Randolph. With loads of light, and even more good vibes, we're sure that this will be the new heart for self-care, community, compassion, kindness, and of course, meditation, in Chicago. Keep up with our progress as we get ready, and then come see us at the end of March. Can't wait to see you! Check the bio for links. @thewestloopisthebestloop @westloopchamber #meditation #breathebar

mybreathebar #westloop #health #wellness #spiritual #meditate #mindful #mindfulness #relax #community #selfcare #chicagomeditation #westloopisthebestloop

thewestloopisthebestloop 🍌🍌🍌

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Yesterday is gone.
Tomorrow has not yet come.
We have only today.

Let us begin.

-Mother Teresa



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36 likes

1w

mybreathebar Happy Wednesday! We at breathe bar are starting a new tradition (it doesn't have to be January to start something—including meditation). Every Wise Words Wednesday we will post some of our favorite quotes to get you through the midweek slump. In the wise words of Mother Teresa, "Let us begin". #meditation #breathebar

mybreathebar #westloop #health #wellness #spiritual #meditate #mindful #mindfulness #relax #community #selfcare #chicagomeditation #quotes #wisdom #motherteresa #today #begin

extremeyogi Keep on the good work!

unplugmeditation 🍌🍌

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seek
peace

MYBREATHEBAR.COM



breathe bar

Published by Mariel Tishma (7)

[Like This Page](#) · March 9 · 🌐

Find quiet inside yourself. The peace you need is already there, waiting for you. Let yourself go looking. It only takes five minutes to breathe.



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Amanda Mohabir



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The Compost

Dahazee and 2 other friends like this.

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Published by Mariel Tishma [?] · March 7 at 8:21am · 🌐

“Mindfulness, MSBR, and apps, oh my!” — Sound familiar? There are tons of different kinds of meditation and it can be hard to figure out which is right for you. But [SONIMA](#) has created this fantastic list describing some of them. Which one seems right for you? We want to hear about it, and we want to help you try some of them out!



A Simple Guide to Meditation Traditions - Sonima

As the conversation about contemplation grows, there are many questions left unanswered . Here is your practical guide to meditation.

[SONIMA.COM](#)



breathe bar @mybreathebar · Feb 27



Meditation is a great way to start off the week. Make the time. ow.ly/9MqV308LPqE
#meditation #breathebar



