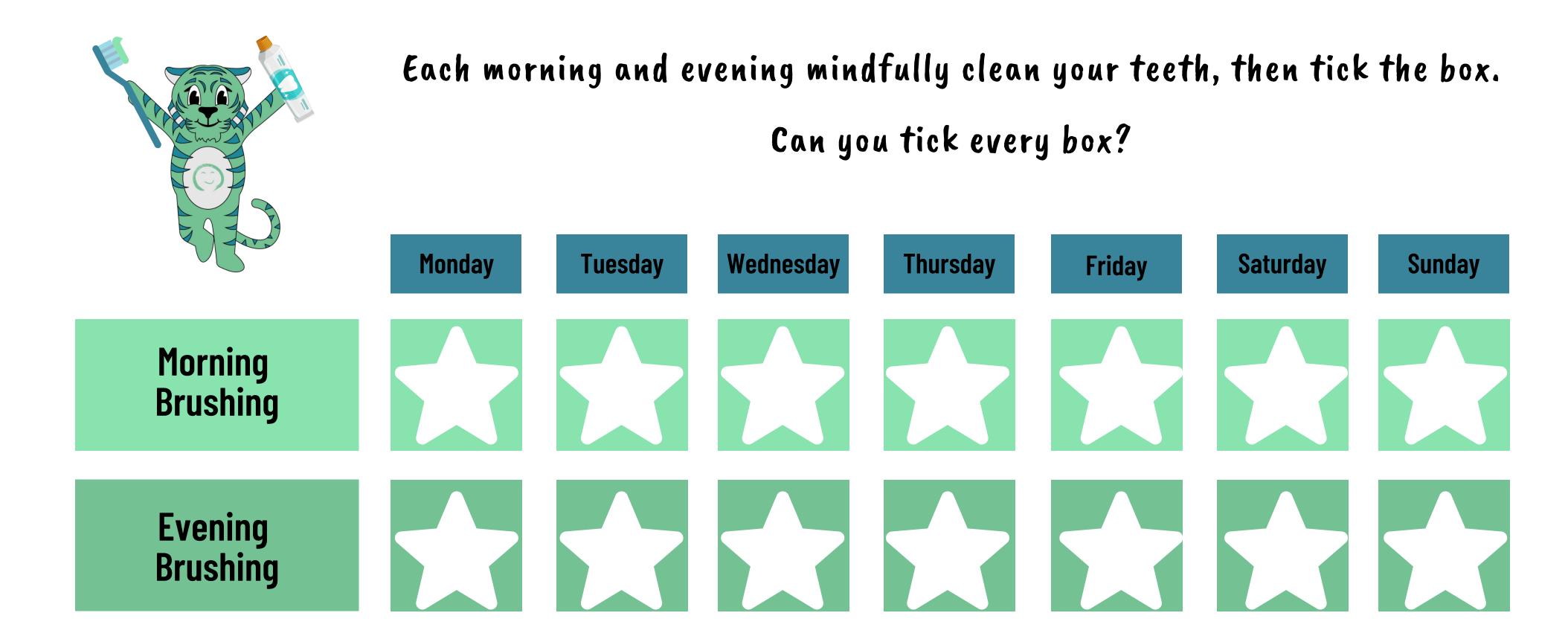
My Mindful Brushing Chart



Dentist's recommend that we clean our teeth for 2 minutes twice a day. Cleaning our teeth gives us 2 minutes for a simple mindfulness practice.

