Mindfulness - S.T.O.P. Technique

Created in Partnership With ***Maria Fanelli Mindfulness***
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Maria Fanelli, mindfulness coach, teaches us how to calm our minds and bodies by taking 5 minutes to re-center. This practice can provide that time-out that we need when we have flipped our lid, feel stressed-out, or just need to focus. This is a powerful practice for adults and children.