**Wonderful Links to Articles and Videos about Mindfulness**

**How to Be Present and Still Create Your Future**[**https://www.psychologytoday.com/blog/living-forward/201412/how-be-present-and-still-create-your-future**](https://www.psychologytoday.com/blog/living-forward/201412/how-be-present-and-still-create-your-future)

**7 Awesome Reasons to Be Present, and How to Do It**[**https://www.positivityblog.com/7-awesome-reasons-to-be-present-and-how-to-do-it/**](https://www.positivityblog.com/7-awesome-reasons-to-be-present-and-how-to-do-it/)

**How to Live in the Present Moment: 35 Exercises and Tools** [**https://positivepsychology.com/present-moment/**](https://positivepsychology.com/present-moment/)

**The Chopra Center's Mindfuless Page** [**https://chopra.com/articles/meditation**](https://chopra.com/articles/meditation)  
Valuable information about Mindfulness, Meditation, and Mind-body health

**VIDEO LINKS  
  
Life is Right Now-Jon Kabat-Zinn on Mindfulness**[**https://www.youtube.com/watch?v=EU7vKitN4Ro**](https://www.youtube.com/watch?v=EU7vKitN4Ro)

**Mindful Chair Yoga Practice with Corey Roos**[**https://www.youtube.com/watch?v=Fkl88Nq3BiU**](https://www.youtube.com/watch?v=Fkl88Nq3BiU)

**A sigh's not just a sigh--it's a fundamental life-sustaining reflex**

[**https://www.theguardian.com/science/2016/feb/08/a-sighs-not-just-a-sigh-its-a-fundamental-life-sustaining-reflex**](https://www.theguardian.com/science/2016/feb/08/a-sighs-not-just-a-sigh-its-a-fundamental-life-sustaining-reflex)

\*\*\*If you need to get in touch with me with comments or suggestions about our class, feel free to email me at [robinfans1@gmail.com](mailto:robinfans1@gmail.com).\*\*\*

Warm regards,

  Robin