

Resources – Mindfulness and movement

- The Whole Brain Posture - a simple technique to rethink your stress and calm your nervous system
<https://www.youtube.com/watch?v=vLAiIRK2cBM>
- The Five Tibetan Rites of Rejuvenation - discover the fountain of youth
<https://www.youtube.com/watch?v=VZFEYHvI7Zg>
- The box breathing technique – taking deliberate control of your breathing
<https://www.youtube.com/watch?v=UJnJ4xTkEOY>
- Ho'oponopono Hawaiian Healing Technique – guided meditation
https://www.youtube.com/watch?v=VmX7RYOe_2s&t=19s