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Interviewer is Ted Meissner for The Secular Buddhist. Sharing the link: Mindfulness - Wikipedia 10 May 2018. Your day-to-day activities offer ample opportunities to call up mindfulness in any moment. These simple practices will breathe space into your Mindful Moment: Time for Gratitude. YouTube Mindful Moments in Education provides in-school and after school mindfulness training for youth and adolescents pre-school through early college. Mindfulness - Mindfulness Exercises - The Mindful Moment - UYP Lifestyle The Mindful Moment has 10 ratings and 1 review. A collection of photographs of the ancient and spiritual lands of Indochina: Vietnam, Laos and Cambodia t Instead of detention, these students get meditation - CNN - CNN.com 29 Nov 2017. The elusive mindfulness. Have you tried it? Is it just for yogis? 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