



Mindfulness - S.T.O.P. Technique



Created in Partnership With [Maria Fanelli Mindfulness](#)

Sorry, no video was found.

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.