



WAYNE STATE  
College of Education  
Center for Health and  
Community Impact

Use this weblink or QR code to access

**10 Mindful Breathing & Relaxation Exercises**  
**10 Mindful Movement Chair Yoga Exercises**  
**and**  
**10 Mindful Thinking Lessons**

[https://www.youtube.com/channel/UCTTIDDkjs6v\\_eVugLIvWn5A/videos](https://www.youtube.com/channel/UCTTIDDkjs6v_eVugLIvWn5A/videos)

