

At Every Breat A Teaching Stories About The Life And Teaching Of Swami Chinmayananda

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At Every Breat A Teaching

Disclaimer: Urmila Rao is an emotional healer and a forgiveness teacher. All the ideas expressed herein are her own and not professional advice or medical prescription. Her email: ...

Meditate with Urmila: Nature; the free teacher and healer

A round-up of some of our most impressive yoga records; featuring underwater yoga, motorcycle yoga, the oldest yoga teacher and more.

Incredible yoga records: underwater, on a motorbike and more

Direct, regular interaction with students can support a principal's understanding of the nuances of their needs.

Reflections From a Principal's Semester of Teaching

From being a pharmacist to an entrepreneur, Mr. Niraj Naik walked a long way to build this multi-purpose platform that supports not only thousands practitioners, but also hundreds of entrepreneurs - ...

A glance at how Soma Breath techniques enhance business growth for entrepreneurs

For months and months before the senior prom, high school teacher Chris Buckley prayed for clear skies. Having helped his students meticulously plan for the event during a pandemic, Buckley was ...

During a strange year, Brookfield's Teacher of the Year helped create memories for seniors

By Harmeet Kaur, CNN After the murder of George Floyd and the summer of protests that followed led to greater dialogue among her students, Amy Donofrio decided last fall to hang up a "Black Lives ...

A Florida teacher is suing her school district for allegedly retaliating against her after she spoke out about racism

She's carrying a large iced vanilla coffee with cream – her every-morning drink ... her wounded lungs soon wouldn't allow a full breath. That was 92 days ago. The coronavirus was slicing ...

Good Morning, Buffalo: A Covid patient's long journey back to teaching

Take a few full, deep breaths to settle into this moment, inhaling deeply and slowly releasing your breath, allowing any ... one that may soon have a toehold in every corner of our anxious modern ...

The App That Monetized Doing Nothing

She's carrying a large iced vanilla coffee with cream – her every-morning drink ... her wounded lungs soon wouldn't allow a full breath. That was 92 days ago. The coronavirus was slicing ...

Back at work: A Covid patient's long journey back to teaching

An "electronic nose" capable of detecting the "body odour" of Covid from the exhaled breath ... a pattern in every odour – it characterises the smell of Covid-19. We are teaching it to smell ...

'Electronic nose' can sniff out Covid from infected people's breath

Four-year-old Riley Harrel adjusted her goggles, took a deep breath and ... said she believes every child can learn to swim, if just given the opportunity. "I just love teaching kids to swim ...

Teaching St. Tammany kids to swim is saving lives

The personal trainer, yoga teacher, former gymnast and now psychology ... she sets a timer that forces her out of her chair every 25 minutes, for five minutes. She either goes for a brisk walk ...

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