

How to Take Yoga Micro-Breaks from Sitting and Staring (28 minutes)

by Vera Quijano

- Presentation **Video Link:** <https://vimeo.com/467543526>
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OPTIONAL Support Material:

- Best blue light blocking glasses 2020: <https://youtu.be/tdMuKHvbRjo>
- Yoga for the Eyes: <https://www.artofliving.org/us-en/yoga/health-and-wellness/yoga-eyes>
- 2:1 breath 6:3 (video animation by Paul Naas)
<https://vimeo.com/veraquijano/review/422493558/286e84b38a>
- 2:1 breath 8:4 (video animation by Paul Naas)
<https://vimeo.com/veraquijano/review/422493650/10e66aee0b>
- Guided 3-Minute Yoga Stretch/8 Directions of Spine <https://www.veraquijano.com/yoga/>
- Non-Tinfoil EMF Book information: <https://nontinfoilemf.com/>
- Exposed: The Electronic Sickening of America Book Information:
<https://stopdirtyelectricity.com/product/book-exposed-the-electronic-sickening-of-america-and-how-to-protect-yourself/>
- Bouncing Exercise, no trampoline, with John Gray: <https://www.youtube.com/watch?v=4FV6Qf1jZbc>
- Jump Sport Fitness Trampoline: <https://www.jumpsport.com/fitness-trampoline/>
- Two-Minute Heart Chakra Micro-Meditation Audio: <https://www.veraquijano.com/health/>
- **Cell phones negatively affect male fertility:** University of Exeter. (2014, June 9). Cell phones negatively affect male fertility, new study suggests. *ScienceDaily*. Retrieved October 13, 2020 from <http://www.sciencedaily.com/releases/2014/06/140609205658.htm>
- **COVID increased anxiety, depression:** Dartmouth College. (2020, July 27). COVID-19 increased anxiety, depression for already stressed college students: Study shows unprecedented increase in mental health challenges among undergraduates. *ScienceDaily*. Retrieved October 13, 2020 from <http://www.sciencedaily.com/releases/2020/07/200727114731.htm>
- **Pandemic's effect on sedentary behavior:** Kent State University. (2020, October 6). Has COVID-19 knocked us onto our backsides? Researchers study pandemic's effects on physical activity and sedentary behavior. *ScienceDaily*. Retrieved October 13, 2020 from <http://www.sciencedaily.com/releases/2020/10/201006091234.htm>
- **Rise in Broken Heart Syndrome During COVID:** Cleveland Clinic. (2020, July 9). Researchers find rise in broken heart syndrome during COVID-19 pandemic: Broken heart syndrome, or stress cardiomyopathy, occurs in response to stressful events. *ScienceDaily*. Retrieved October 13, 2020 from <http://www.sciencedaily.com/releases/2020/07/200709141603.htm>