



## Teach, breathe, learn [ mindfulness in and out of the classroom /

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Parallax Press,  
2014

Libros electrónicos

Monografía

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbgVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMTc5MDM3MTA>

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**Título:** Teach, breathe, learn recurso electrónico] mindfulness in and out of the classroom Meena Srinivasan

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**Materia:** Attention- Study and teaching Awareness- Study and teaching Emotions and cognition Learning, Psychology of Mindfulness-based cognitive therapy

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