**Studying/Time Management Resources**

* **ExamTime** – create an online study plan.
* **Quizlet** – make online keyword cards to help you study.
* **Rescue Time** – track how you’re spending your time on the computer to help you better manage your time.
* **Stay Focusd** – temporarily block websites like Facebook and Twitter to help you become more efficient with your time.
* **Math and Writing Center** – Struggling with a math or writing assignment? We’re here to help you! Stop by the Center or make an appointment online.

**Yoga in Yerevan**

* **Shoonch Yoga**

First class is free!

http://www.shoonch.com

* **Himalayan Yoga Center**

http://www.yogayerevan.com

**Yoga YouTube Links**

* Yoga for Complete Beginners – Yoga Class 20 Minutes
* Traditional Beginners Hatha Yoga Lesson 1 (Full Version)
* Basic Yoga Workout for Dummies

**Meditation YouTube Links**

* 10 Minute Guided Body Scan Mediation from The Medication Coach
* Body Scan with Stephen Cope
* Guided Meditation for Stress Relief

**Playdough Recipe**

Ingredients: 1 Cup Flour, ¼ Cup Salt, ½ Squeezed Lemon, 2 Tablespoons Oil, ½ Cup Water

Mix dry ingredients in a pot. Add water and stir over low heat. Add lemon juice and oil. Continue mixing over low heat until dough thickens. Remove dough from pot and knead with hands. Add more flour if dough is too sticky. Enjoy!

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