



**Dr. Maria Napoli** is associate professor at the Arizona State University. She has incorporated the practice of mindfulness in research, teaching, trainings and presented at conferences nationally and internationally. Dr. Napoli has been instrumental in developing training programs incorporating mindfulness for elementary schools and health professional.

She has published a mindfulness practice CD and has written a family based case study book incorporating problem based learning and mindful self reflection for the student practitioner to learn the art of being “present” for families and co authored *Life by Design: Choice or Consequences*. Dr. Napoli is a certified Kripalu Yoga instructor and Phoenix Rising Yoga Therapist. She recently developed Graduate Certificate in Integrative Health at Arizona State University offering students and health professional’s extensive information.