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about how much time is left of class so you can get to the meeting, or why your mother-in-law just texted you, brings you out of the moment. Which equates to: yoga moment lost. 8. Bring your own stuff.

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1. Archive your emails. Nothing can slow your computer down more than a bloated Outlook account. For those of us who like to keep everything (or are required to do so by industry regulations), Archiving Rules, dedicated Archived Mail folder, and defined time limits and destinations can work wonders on our mailbox.

10 Ways to Get The Most Out of Microsoft Outlook

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