

## NATION BRIEFS

### • MILITARY

# Marines seek warriors with mindfulness

**CAMP PENDLETON** — The U.S. Marine Corps, known for turning out some of the military's toughest warriors, is studying how to make its troops even tougher through meditative practices, yoga-type stretching and exercises based on mindfulness.

Marine Corps officials say they will build a curriculum that would integrate mindfulness-based techniques into their training if they see positive results from a pilot project. Mindfulness is a Buddhist-inspired concept that emphasizes active attention on the moment to keep the mind in the present.

Marine Corps officials are testing a series of brain-boosting exercises called "Mindfulness-Based Mind Fitness Training" that they believe could enhance the performance of troops, who are under mounting pressures from long deployments and looming budget cuts expected to slim down forces.