

PHONES ON VIBRATE!

DRINK WATER

PACE – BRAIN GYM

BRAIN BUTTONS

FEET FLAT ON FLOOR

ONE HAND ON DAN TIEN

PRESS KIDNEY MERIDIAN POINTS ON CHEST

BREATHE

SWITCH HANDS

THE OWL

LOOK SIDE TO SIDE KEEPING EYES ON ONE PLANE

THE ELEPHANT

LOOK STRAIGHT DOWN ONE ARM TO INDEX FINGER

FOLLOW IN CIRCLE EIGHTS

CROSS CRAWL

STANDING WRIST TO KNEE EXERCISE

HOOK UPS

CROSS LEGS OUTSTRETCHED

CROSS HANDS, TWIST IN

BREATH WITH EYES CLOSED

HOOK UPS II

DOWNWARD FACING TRIANGLE OVER DAN TIEN