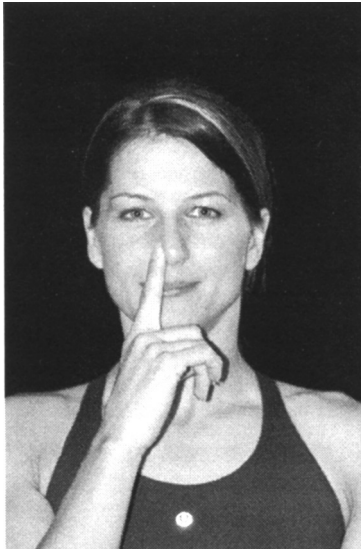


Cross Pattern Brain Stimulators (Great for energizing at work!)

Alternate Nostril Breathing

Slowly and deeply inhale and exhale through one nostril.
Repeat with alternate nostril. Repeat ten times.



Crossover Marching

Start with feet shoulder width apart and hands above head. Bring arm and opposite leg together in front of your body at about mid abdominal level. Alternate sides as if marching on the spot in a rhythmic manner. Repeat ten times. Smile!

