BRAIN BREAK

Please take part if this movement feels right for you.

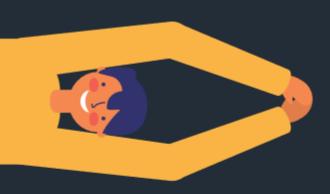
Release the Tension - Shoulders

Roll shoulders forwards for 10, and then backwards for 10.

Release the Tension - Back

Roll forward, bending at the waist.

Hug your knees and slowly return upwards.





These exercises can help improve posture, and relieve muscle strain.



