

## Take a break

(<http://humbalance.co.nz/>)

<b>Yawn</b> to give yourself enhanced circulation and energy	Grow your arms up and out, elongate right into your fingertips. Take a big breath in and a big breath out as you release.
<b>Balance</b> to give yourself enhanced mental focus	Be like a flamingo and stand on one leg with your eyes open and then closed. What may support you is being firmly grounded in your standing leg and breathing easy.
<b>Breathe</b> to give yourself improved concentration and focus	For a breathing break close your eyes and countdown 10 – 0 exhalations to calm your mind.