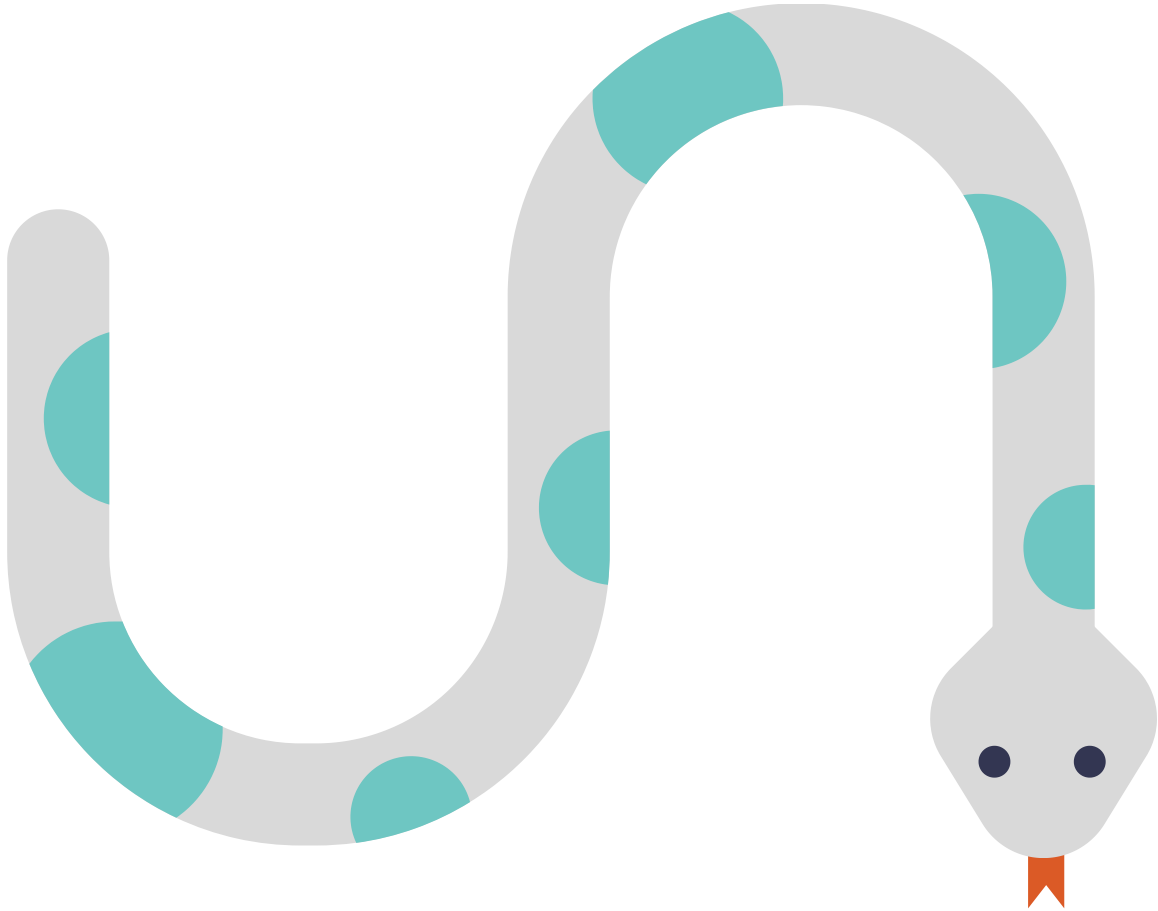


Snake Breathing

BRAIN BREAK



Sit in a comfortable position.
Inhale slowly through your nose for 6 seconds.
Hold your breath for 2 seconds.
Exhale through your mouth
while making a hissing sound for as long as you can.
Pause for a few seconds before you inhale again.

Practice 3-7 times for a boost of energy and relaxation.