

MIND TRAINING SESSIONS SUMMARY

Superbrain Yoga

Use this implementation day to do the following :

- * Go through the summary of previous days
- * Ask questions in your respective groups if you have not understood a certain topic
- * Do the missed tasks that were assigned , ensure to complete the fun work
- * Be active in your respective groups

During your Brain Breaks ensure you are constantly :

- * Moving
- * Hydrated
- * Breathing

Superbrain Yoga

With your left hand massage your right ear and with your opposite hand ie., your right hand massage your left ear.

Breathe in when you squat down and breathe out when you get up.

As your body moves, our brain grooves

New brain cells develop via Novelty and Nutrition

Consistency is power and it makes you a genius

Today's Action Step

- * Complete the items that you missed
- * Do these exercises during your brain breaks