

MIND TRAINING SESSIONS

SUMMARY

Implementation Day - Crossovers

Use Implementation Days to

- * Go through the summary of the classes missed
- * Review Sessions for better understanding
- * Do the pending homework
- * Be active in your respective team groups | share your learnings and progress
- * The TEAM - Together Everyone Achieves More

The Body - Mind Connection - using your body stimulates your mind

Crossovers Exercise

Right Elbow to Left Knee and Left Elbow to Right Knee

Create Brain Breaks and do these exercises in between to keep your brain balanced and agile

Today's Task of the day

- * Complete the pending tasks
- * Do these Exercises during your Brain Breaks
- * Share your results with your respective groups