

Singing and playing instruments can enhance your wellness and increase performance of both brain, mind and body

BRAINBREAKS

10 MINUTES TO
Revitalize
YOUR ENERGY

A MOMENT OF MUSIC

A MOMENT OF MEDITATION

A MOMENT OF ENERGIZING

A MOMENT OF TAKING A DEEP BREATH
AND RELAXING YOUR SHOULDERS

Enjoy a 10 minute brain break to revitalize, finding joy, surplus, connecting to personal energy and engagement, and release any stress.

