

PRO TIP - 30 second relaxation

Starfish Breaths

- Extend your hand with the fingers spread out.



- Run your other hand's index finger up the outside of your thumb and breathe in deeply as you move towards the tip.
- Continue on down the inside of your thumb and breath out as you do, exhaling all your breath by time you get to the bottom.
- Continue on for each finger and then switch hands.
- Concentrate on where your finger is touching and how it feels.
- By the end of it you'll feel relaxed.

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