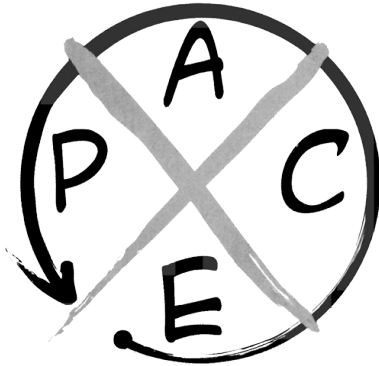


Learn Your Brain Movements For Focus



PACE



Gravity Glider



Grounder

Use these movements
when you're having a
hard time focusing!



Owl



Calf Pump



Arm Activation