

Reset your mind during Programming Breaks!

Sponsored by the ISBA Wellness Committee

Walking Meditation

A pre-recorded, guided meditation to listen to and/or watch will be available.

Yoga

A pre-recorded yoga lesson will be available.

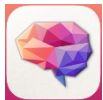
Applications

Refocusing one's mind in between sessions and even providing a point of focus during sessions is surprisingly helpful! Here are few apps to try:



BlockuDoku

Like Tetris, but not timed, there are daily challenges or free play.



Brain Yoga

Puzzles to keep your brain agile.



Happy Color

Electronic paint-by-numbers.



Labyrinth Journey

Use your finger to take a contemplative journey toward the labyrinth's center.



Nonogram

Like Sudoku, the player uses logic to solve the puzzle, but unlike Sudoku, a picture is revealed at the end.



Tile Master

Like traditional Mah Jongg, the player matches tiles printed with items like avocados, pinwheels, and flowers to clear the board.



Trigon

Fit the shapes in the allotted space to gain points.



Two Dots

Match at least two dots to meet the challenge.

All of these are available on Apple and Android devices.