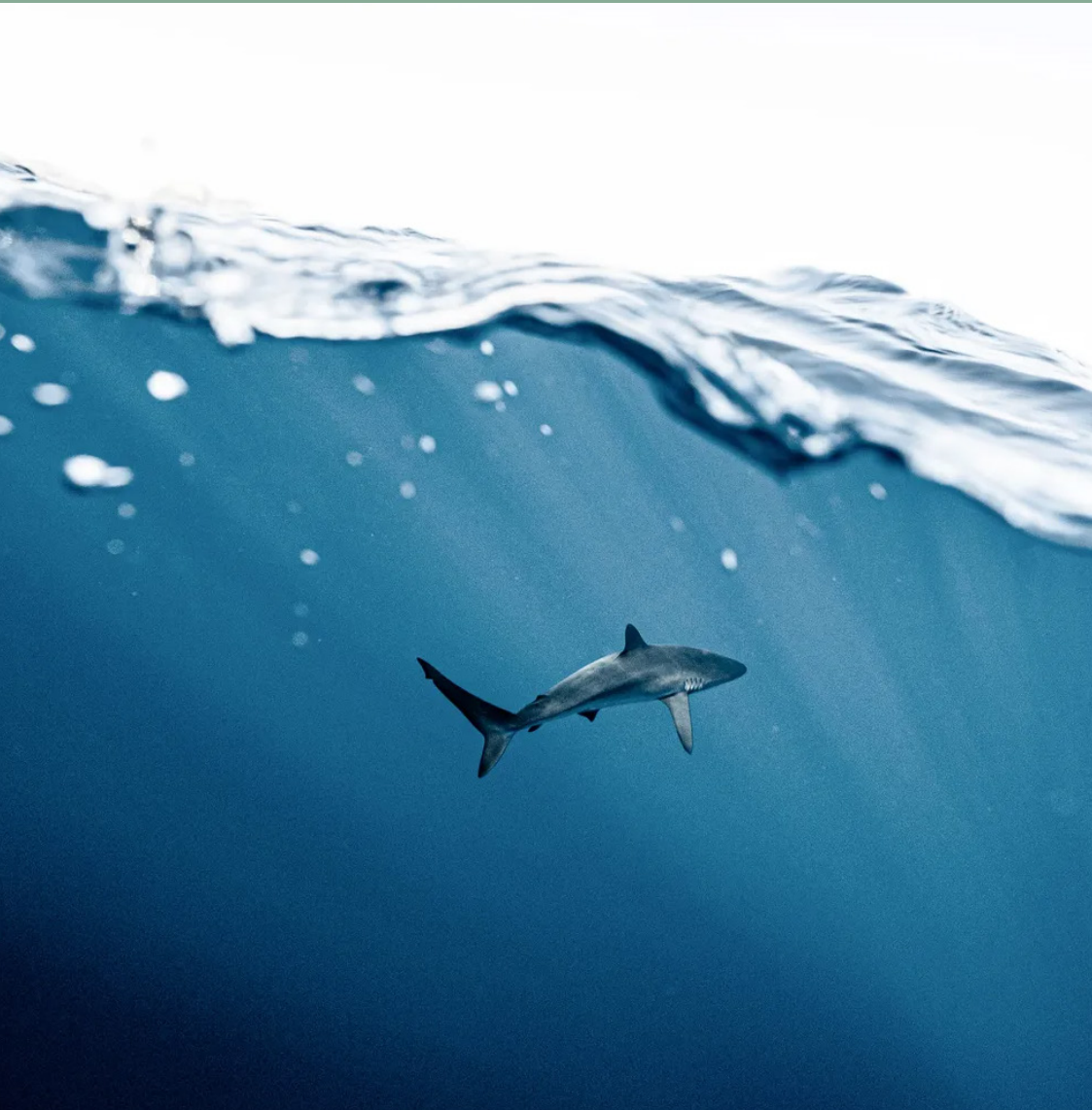




SILENT SHARKS



MAKE A SHARK FIN WITH YOUR HAND AT THE TOP OF YOUR HEAD!

GENTLY CLOSE YOUR EYES.

Slowly drag your fin down the centre of your forehead with your thumb, move down over your nose, lips and your chin, bringing your fin to your chest.

With your other hand start with your fin and move your hand slowly.

Repeat this until you find a rhythm and begin to feel balanced.