

SHORT BREAKS



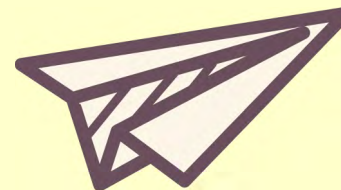
20-20-20



**LISTEN TO
OR MAKE
MUSIC**



EXERCISE



**SHIFT,
STRETCH,
STIR**



**GET
OUTSIDE**



UNPLUG



DESCANSOS BREVES



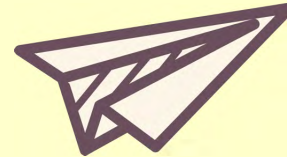
20-20-20



**ESCUCHAR,
TOCAR
MÚSICA**



**HACER
EJERCICIO**



**ESTIRARSE,
MOVERSE**



**IR
AFUERA**



DESCONECTARSE

