Your personal warm-up:
(Worth 50 points)

1. It must address these three areas: Voice, Body, Mind
   (Concentration/relaxation)

2. It must be between 5-10 minutes long.

3. Must be something everyone in the group can do. Keep it simple but
don’t be afraid to be creative.

4. You may lead this warm up any time from March 4th through April
   22nd. Only one warm up per day.

5. Any questions? Please let me know!