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Practice Tip 2:

Warm up

Like a physical workout, a warm-up is essential. But don't just plough through the same warm-up routine every-time and let your mind wander - a warm up is not simply to get your muscles moving. Take it as an opportunity to prepare your body and mind for work and take notice of how you're feeling, how you're breathing, the tension your body is holding and why you are doing that particular exercise.
