Carole's practice copy 03/24/22

1. Babbel 'Learn a New Language'

Have you ever wanted to learn a new language, like French? Spanish or Russian? But thought it would be too difficult and time consuming. Then go to Babbel.com and try it for free. Babbel works because it is built around real life. It teaches you everyday practical conversations that you will actually use. In 15 minutes a day you'll be on your way to speaking a new language in just a few weeks. Babbel uses a modern conversation-based technique that makes language engaging, fun and memorable. It starts by teaching you words and phrases then sentences gradually get more complex. Soon you're practicing short conversations about real life topics. Babbel is created by language experts who use the Space Repetition Method, to help you learn quickly and remember what you learned. With Babbel, you can speak a new language because language isn't just about learning new words, it's about learning a culture, a mindset, and a new point of view. BABBEL. Language for life. Go to Babble.com and try it for free today.

2. CLUB MED

Imagine for a moment ... nothing. No clocks. No ringing phone. No traffic jams. No radios. No newspapers. And no crowds. Now imagine a Club Med vacation. An island village where aqua seas brush dazzling white shores. Where lush green palms line wandering paths. A place where evenings are filled with entertainment and dancing. A Club Med vacation is like none other. Ask your travel agent.

3.

DELTA

How would you like to run away to a barefoot life. Run away on Delta Airline to the barefoot life of Florida or the Bahamas. Delta brings you 18 daily nonstops to six great Florida Resorts. So go ahead, kick off your shoes and kick up your heels. Delta is ready when you are.

4. AVEENO

Rediscover the skin nature intended you to have with Aveeno daily moisturizing lotion. Made with oatmeal, which holds moisture naturally, Aveeno lasts for 24 hours. Aveeno. Discover nature's secret for healthy skin.

5. **RELAXATION**

Concentrate on the breathing as you would ride the in breath then ride the out breath.

Breathe in through your nose and breathe out through your mouth.

Accept and open to the in breath. Release and let go the out breath.

You hold the breath in for a tiny moment, letting everything dissolve. Everything is resolved in the spacious clear awareness of luminous relaxation.

Then exhale it all as bright shining light.

You are exhaling luminosity like sun light and cool fresh spring breezes.

6. CRYSTAL LIGHT

So, you think you gotta go to the gym to keep in shape? Treat yourself right. With New Crystal Light teas. Our new raspberry tea is icy crisp, with the taste of sun-ripened raspberries, but only 5 little calories. So, whatever you do to keep in shape, keep doing it. New Crystal Light Fruit teas. Treat yourself right!