

[Recovery from Moderate-High Occupational Physical Activity \(OPA\)](#)

[Recovery from Static Postures / Low Occupational Physical Activity \(OPA\) OR Warm-Up for High OPA](#)

[Parasympathetic Pump – 3-D Breathing \(English\)](#)

[Parasympathetic Pump – 3-D Breathing \(Spanish\)](#)

[Parasympathetic Pump – Box Breathing \(English\)](#)

[Parasympathetic Pump – Box Breathing \(Spanish\)](#)

[Mindfulness-Based Intervention: Chi-Kung](#)

[Mindfulness-Based Intervention: Chi-Kung \(Spanish\)](#)