

Home Working Care Package



Package
#11

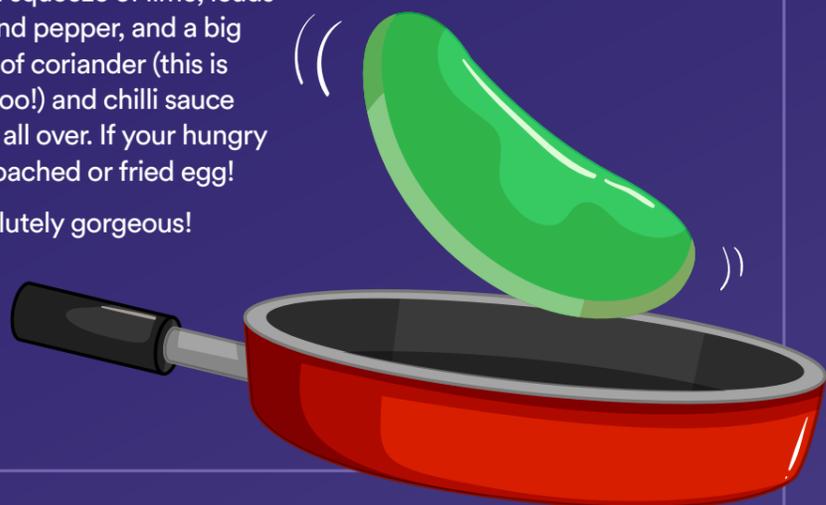
Welcome to another Home Working Care Package from CRS - and this time we're featuring the best suggestions and requests received from our clients! All your own work - enjoy!!!

Go Green



With this recipe for **GREEN** pancakes

- Make pancake mix in the blender (1 cup of SR flour, 1 cup of milk, 1 egg) add a good handful of spinach 70g ish.
- Make like a pancake but only cook one side (2 mins)
- Put on the plate and layer with, spinach, avocado, thinly sliced spring onion, halved (tri colour if poss) cherry tomatoes, smoked salmon or Parma ham, good dollop of cottage cheese (this makes it!) good squeeze of lime, loads of salt and pepper, and a big handful of coriander (this is a must too!) and chilli sauce drizzled all over. If your hungry add a poached or fried egg!
- It's absolutely gorgeous!



Yoga or Schmoga?

Is it a yoga pose or is it schmoga? You decide! Check out our list below and see if you can identify the real yoga poses. Play with friends or family on Zoom, Houseparty or Facetime and check the CRS LinkedIn page



1. Feathered peacock pose
2. Killer assassin over-arch
3. The vertbreaker
4. Plow pose
5. Cow face pose
6. Fire log pose
7. The excitable penguin
8. Bhabha twist
9. Noose pose
10. Sacrum in the backrum



Podcast



How To Fail With Elizabeth Day

www.elizabethdayonline.co.uk/podcast



How To Fail With Elizabeth Day is a podcast that celebrates the things that haven't gone right! Every week, a new interviewee explores what their failures taught them about how to succeed better.

Excellent reviews, a really honest insight, warm and really inclusive. A strong recommend!

On several mediums including iOS and Spotify.

Getting enough sleep?



Struggling to catch enough zzz's? There's an app for that (no surprise there!).

In fact, there are so many sleep apps that promise to help you fall (and stay) asleep that it can be hard to figure out which ones are worth a try, that it can be hard to figure out which ones are worth a try.

Calm's app is really easy to use, and the Sleep Stories section has bedtime stories (for kids and adults!) read aloud by people with soothing voices, including celebrities like Matthew McConaughey.

It's available on iOS and Android, enjoy your extra zzzzz's!

