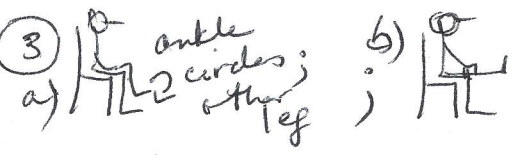


then "Hakini Mudra"
Mudra of Integration
; What would you like from
this practice?

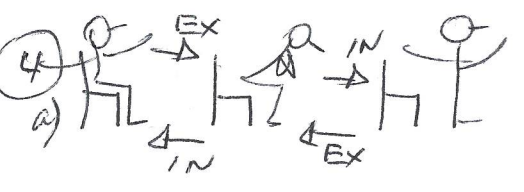
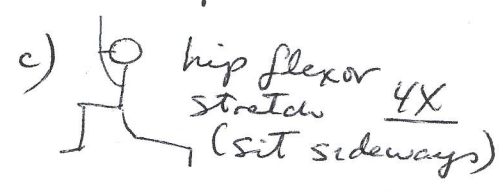
chant om santi om 3X



Hug on EX
element of touch: come to
Present Moment; self care



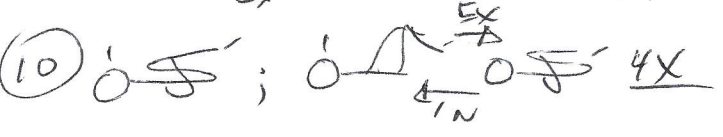
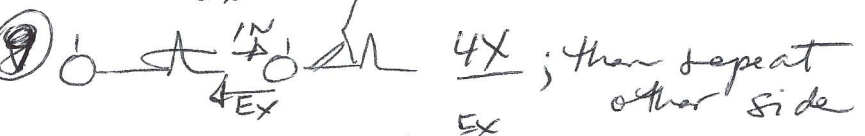
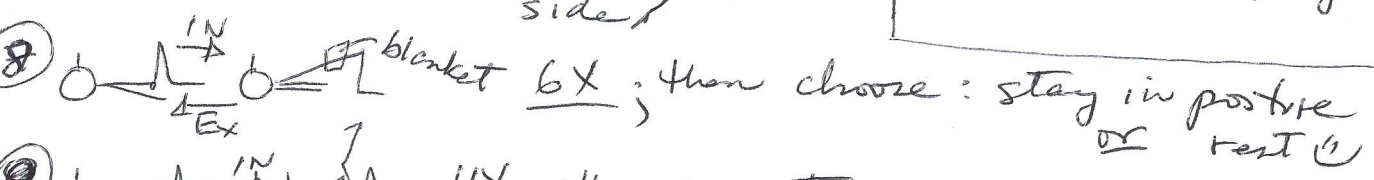
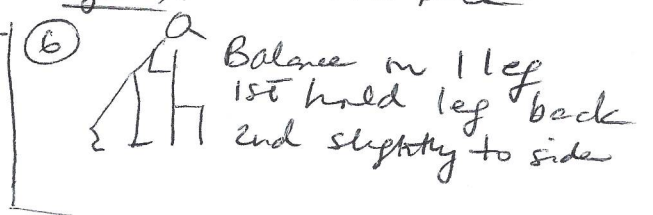
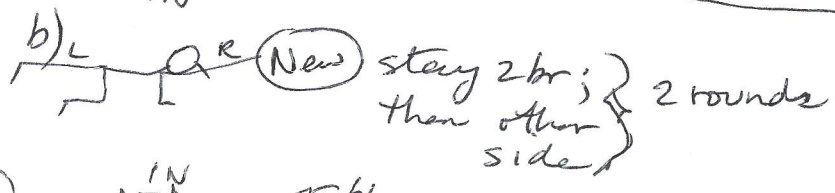
b) wads, tapping w/ fingertips
hold a few breaths;
2X ea side alt. sides



b) Feel legs firm on ground
then "Brain gym"

⑤ Dance Steps:

1st Bachata: "basic"; fwd + back "box" (both sides)
2nd Merengue: basic; then (CTO lengthen spine stay rest low back)
3rd Cumbia: basic; then Today arm up in EX - to help stabilize low back - a few X



⑪ Rest listen to reading of "Learning How to Float" by Mark Nepo
; then rest

⑫ chant om asato ma...