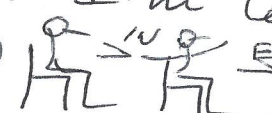
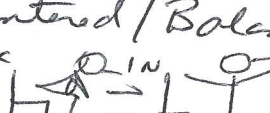
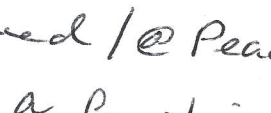
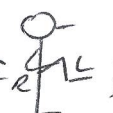
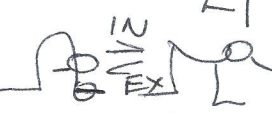
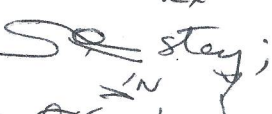
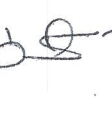
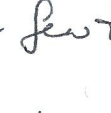
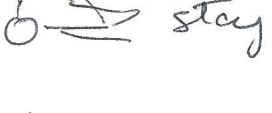
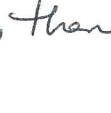
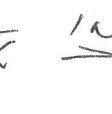


- ①  Set sides chant SUM on EX; then call to mind
; circle, say 1 word, your personal intention from this practice
; "I'm Centered/Balanced/@ Peace"
- ②    a few times; then  ;  listen to
Poem
"Peace"
- ③  ;  ;  w/ "I heard it then Hand Give
through the grapevine ; w/ New sequence
"Willie & the Hand Give" 15
- ④ Dance "Guajira Guantanamera" singing the chorus
Berie Beriete; fwd + back; box both sides
"I Want it that Way" Prince Royce
Beriete 3 beries + 1 turn (1/2 turn) 10X; then other side
- La macarena turning 1/4 ea time to R
- ⑤ Wall:  ;  ;  ;  personal intention
- ⑥  a few times; then  alt sides
do a few times
- ⑦  alt sides, do a few rounds
- ⑧  stay; then  ; then  a few times
- ⑨  a few times; then  alt sides; a few rounds
- ⑩  stay; then other side; then 
- ⑪   Rest a few minutes
- ⑫ Meditation
    
"Sarnana mudra", IN open hands, EX Sarnana mudra
mentally chant SUM on IN+EX (or personal mantras)
③  Sarnana mudra
chant SUM on EX 3X; then "Centered, Balanced, @ Peace"