

① "I am centered" "I am balanced" "I'm at Peace" ② chant "oin s'anti oin"

③ "Itsy Bitsy Spider"!

④ Warm up: a) alt sides b) ankle circle; other side c) alt. sides

d) (on chair) 4X; then stay; e) 4X; f) 6X; g) "Brain gym"

⑤ Dance steps:

a) Bachata Routine; then stretch back of leg; other side; then for shoulders alt. b) Merengue; c) Cumbia

⑥ Pause; attn to breath; then 4X; then other side "Warrior"

⑦ a) 6X; b) 6X; c) ankle circles; other side

d) or; then stay in stretch (w/strap?)

⑧ a) "Butterfly" 6X; b) 6X

⑨ 1st rest; then optional finger yoga (as other days, tip of thumb slides up on ea finger or in; down EX mentally repeat "oin s'anti oin")

⑩ Poem "Blessing for Solitude" by John O'Donohue; "I'm centered, "I'm balanced"

"I'm @ Peace"