



hand crosses over to shoulder
EX chant AUM

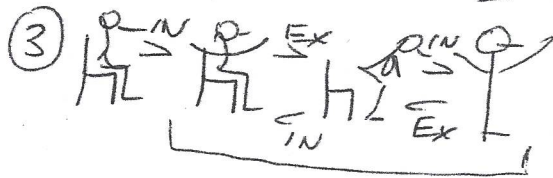
Set sides, then call to mind Q: what do you want to bring into your life?



* contralateral
Set sides, repeat a few times

Played w/ musics suggested by Sherri and Shaam
To: dance to familiar musics

Tap Dance + brass



Repeat a few times

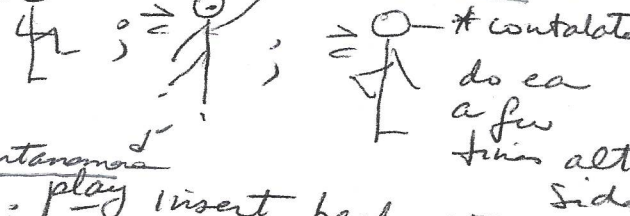
optional chant AUM on EX



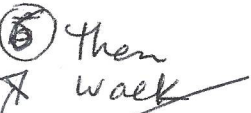
Attn inward
Feel heart, breath, body

A few breaths;

with "I heard it through the grapevine"



* contralateral
do a few times alt side



Then walk

then dance bachata + salsa w/ music

Carlos Santana

play insert bacha steps, salsa steps + walk w/ music

* playfulness, rhythm

Hand give w/ "I like it like that"; then La Macarena! w/ chore

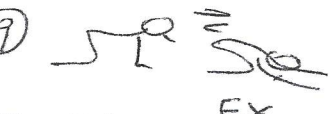
Wall: a) ; then other side ; ; then hands to heart + belly Notice



* crossing the midline
(hand to opp shoulder)
Set sides

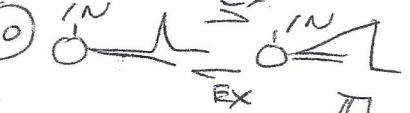
chant AUM on EX
Repeat a few times

New: uship wall

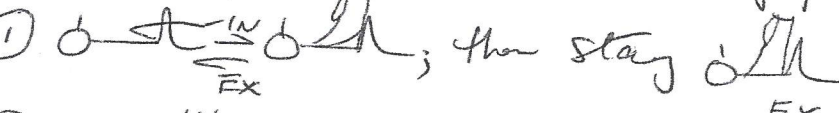


stay 2 br;

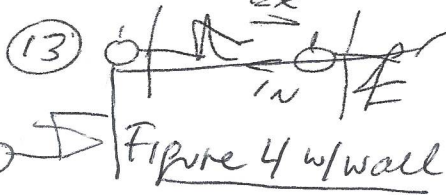
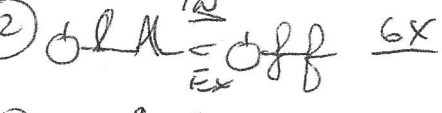
* contralateral
* balance



* unusual - changing breath pattern to up attn



to * stretch (free nerves)



crossed 4X 1 side; stay; twist then all other side

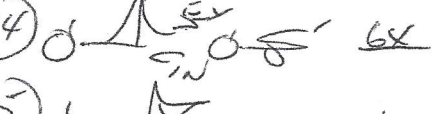
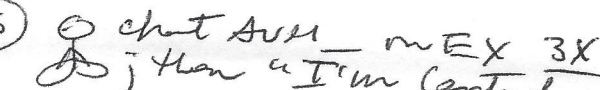


Figure 4 w/ wall



1st Rest a few minutes



2nd Medit. Reflect on what you want to bring into your life - let that

or wall