
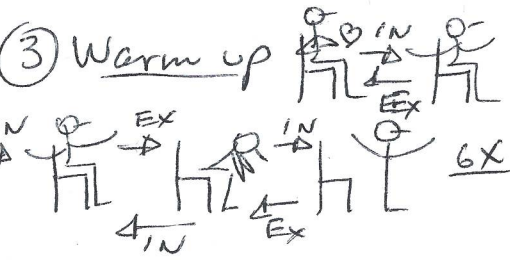

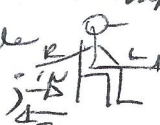

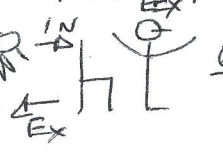
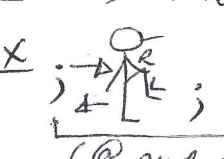
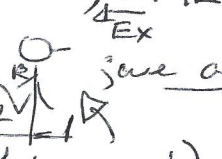
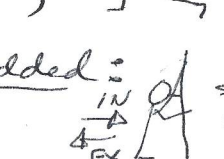
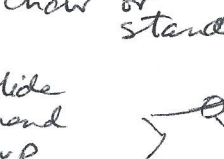
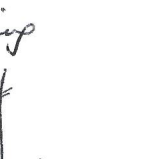
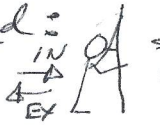
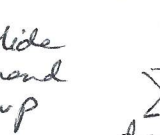



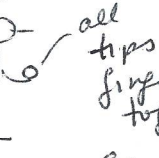
①  "Hakini mudra of integration"
 mudra: Acknowledge all you do, integrating your work here and your daily activities ☺

② "Itsy bitzy spider", but more complex!
 - In "Itsy b. spider" we do index to thumb; index to thumb
 - In this exercise 1st index to thumb; index to thumb
 2nd middle to thumb; middle to thumb
 3rd ring to thumb; ring to thumb
 4th pinkie to thumb; pinkie to thumb

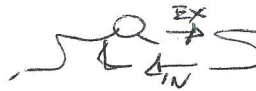
Homework ☺


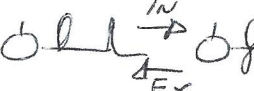
③ Warm up  6X;  circle;  stretches sitting on chair or standing
 6X;  6X;  6X;  6X;  6X;  6X;  6X
 (at end of warmup!)  slide hand up  downward


④ Dance steps: Bachata routine; Merengue; Cumbia ^{day}

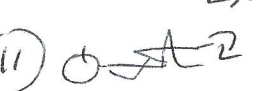
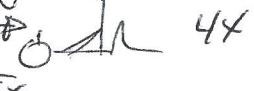
⑤ Hakini mudra integration of all we do ☺;  chart on EX: all tips of fingers together;  chart on EX: oin santi oin a few times (peace ☺)


⑥  6X; then other side




⑦  6X; then  Pause, notice how you feel. Integration of all

⑧  6X; ⑨  off "Butterfly" 6X

⑩  Knee to chest 4X; then other side

⑪  ankle circles; then  4X; then all other side

⑫  Knees to chest 6X on EX

⑬ then rest  6X  6X
 finger veyasa (from before)  mentally oin santi oin
 slide thumb to tip of ring finger at a time