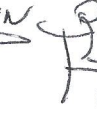
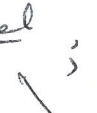
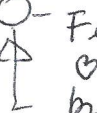
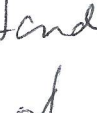
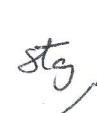
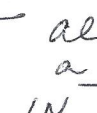
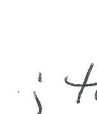
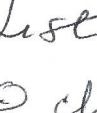
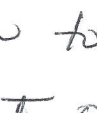
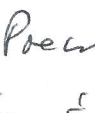


- ①  Circle - say 1 word, what you; then "I'm Centred" aim for
Balanced
@ Peace w/ Mudra
 - ②  IX 1 side
 XI other side; then both arms IX chant oin & out oin
*cross midline
 - ③  a few times
alt. sides
 - ④  A few times


 - ⑤  Feel; then ; ; ;  *contralateral
 - ⑥  Feel
♥;
breath; then chant AUM (oin in 4 parts)
on EX a few times
 - ⑦ Hand jive; then ⑧ Dance  Bachata
Salsa
Merengue; then  Feel
♥;
breath
 - ⑨ ; stay ;  stay
 - ⑩  alt sides
a few X;  a few X
 - ⑪  IN
EX; then stay a few br
 - ⑫  stay a few br; then other side
 - ⑬  IN
EX off
 - ⑭  stay a few br; then other side;  Rest
 - ⑮ ; then  X  Rest
- Listen to Poem: The Guest House by Rumi
- ⑯  chant oin & out oin; "Centred, Balanced, @ Peace"