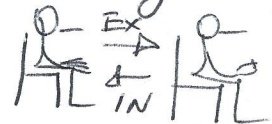
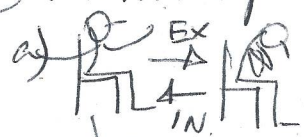



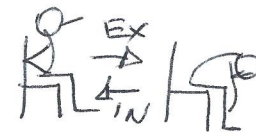
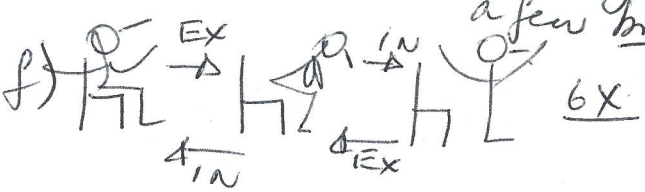


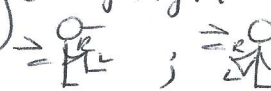

① "Itsy Bitsy Spider"

②  IN: open hands
EX: touch all 5 fingertips together


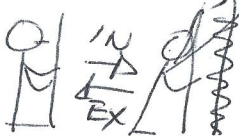
chant oin santi oin 3X
(or); then
oin Shalom oin 3X
chant on EX



③ Warm up

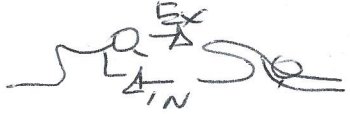

a)  6X ; b)  ankle circles; then other leg ; c)  Knee extensions, alt sides 6X
d)  hip flexor stretch 4X; then stay a few br
e)  low back stretch 6X
f)  6X



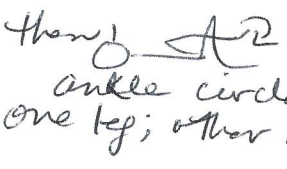
g) (I forgot to do:  ;  Note to self: to remember next time! :))

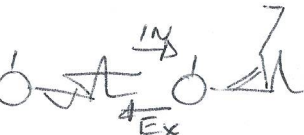
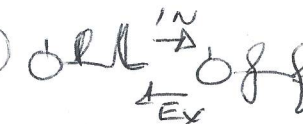
④ Dance steps: Bachata routine, Merengue + Columbia

⑤  Paine: Feel how you feel ; then  forehead slide to wall, 1 arm up @ a time



⑥  downward facing dog stay a few br ; ⑦  4X; then other side

⑧  4 to 6X ⑨  Rest a few moments

⑩  4 to 6X ⑪  Rest 2br; then  ankle circles one leg; other leg

⑫  4X; then other side ⑬  4 to 6X

⑭  * contralateral

⑮  Rest 1st finger upse
⑯  Rest 1st finger upse
oin santi oin / oin Shalom oin; then stay w/ feeling of Peace ♡