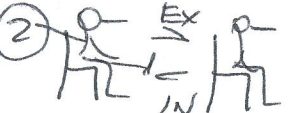
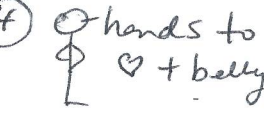
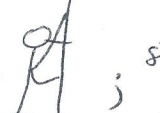
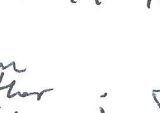
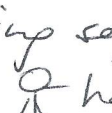
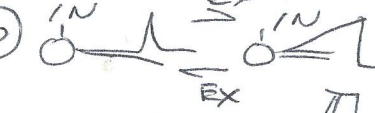
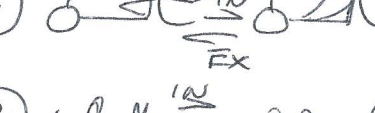
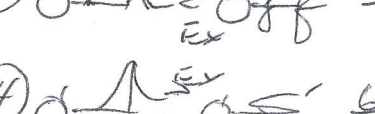
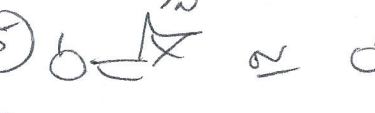
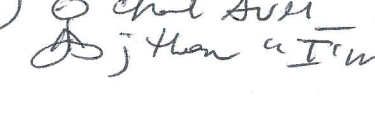


- ①  hand crosses over to shoulder
EX chant SUM_ Set sides, then call to mind Q: what do you want to bring into your life
- ②  * contralateral
Set sides, repeat a few times
- ③  Repeat a few times optimal chant SUM_ on EX
- ④  hands to heart + belly
Att'n inward
Feel heart, breath, body
A few breaths; then  ;  ;  * contralateral
do ea a few times alt sides
- ⑤ then walk
x contralaterals; then walk "Smooth" w/ music
Carlos Santana; play insert bacha steps, salsa steps + walk w/ music
* playfulness, rhythm
- ⑥ Hand give w/ "I like it like that"; changing sequence * unusual
- ⑦ Wall: a)  ;  then other side ;  ; then  hands to heart + belly Notice
- ⑧  * crossing the midline
(hand to opp shoulder)
Set sides
chant SUM_ on EX
Repeat a few times
- ⑨  ; then  stay 2 br; then other side * contralateral * balance
- ⑩  * unusual - changing breath pattern to ↑ att'n
- ⑪  ; then stay  to * stretch (free nerves)
- ⑫  6X
- ⑬  4X 1 side; stay; twist then all other side
- ⑭  6X
- ⑮  1st Rest a few minutes
2nd Medit. Reflect on what you want to bring into your life - let that pervade your being
- ⑯ chant SUM_ on EX 3X
then "I'm Centered, Balanced @ Peace"