











① Circle including:  Pat head + rub tummy ;  \Rightarrow  a few times




②  ;  ;  \equiv Bounce (Reminder: do more warm up next time incl. stretches)






③ Dance: bachata ; merengue ; cumbia. As in 3/6




④  \Rightarrow  aet arms, do a few times ; then  stay 30' ; then other side





⑤  Finger nyāsa ; then call to mind a word that is comforting ; mentally repeat word on IN+EX





⑥  \xrightarrow{IN}  \xrightarrow{EX}  Repeat 6X ; then other side

⑦   \xrightarrow{IN}  \xrightarrow{EX} 6X ; then repeat meditation as in #5 ; then stay w/ feeling of word



⑧  \rightarrow  \rightarrow  \rightarrow  \xrightarrow{IN}  \xrightarrow{EX} 6X



⑨  circle ankle ; then other side ; then  \xrightarrow{IN}  \xrightarrow{EX} 4 to 6X ; then other leg



⑩  \xrightarrow{IN}  \xrightarrow{EX} 6X "Butterfly" ; then  \xrightarrow{EX}  \xrightarrow{IN} coordinate movement + 6X breath

⑪  \xrightarrow{IN}  \xrightarrow{EX} Rest or  \xrightarrow{IN}  \xrightarrow{EX} Rest optional ; finger nyāsa + meditation

Practice @ home : (for low back, sacrum + hips)

①  \xrightarrow{IN}  \xrightarrow{EX} (1 knee to chest 4X ; then other side dynamic)

②  \xrightarrow{IN}  \xrightarrow{EX} Bridge 4X draw belly in on EX

③  \xrightarrow{IN}  \xrightarrow{EX} 4 to 6X

④  \xrightarrow{EX}  \xrightarrow{IN} 4 to 6X coordinate movement and breath