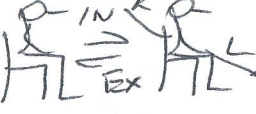
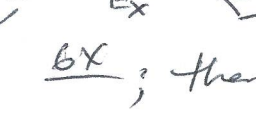
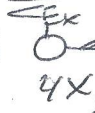
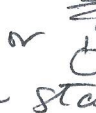
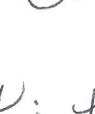
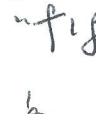
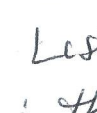


- ① Circle: New Finger Nyasa w/ Mantra (Om Santi om)
IN: tip of thumb slides from base of ea finger to tip
EX: " " " slides ↓ to base of finger
Index to pinkie; then IN open hands, EX hands to ♥ - Peace
- ② Poem / Blessing Navajo — "I ask all blessings..."
- ③  or  alt sides * contralateral Repeat a few times
- ④   EX; then 
- ⑤ Crossing midline draw rainbow  4 to EX; then other side
- ⑥  "Brain Gym";  * contralateral; then Hand Jive! w/ music
- ⑦ Dance: Bachata basic; 1/2 turn; fwd + back
Salsa basic in place; b. fwd; b. to side; b. back
- ⑧  alt. sides Do a few times; ⑨ then  stay then 30"; other side
- ⑩  or  or  options for Adho Mukha Svasthanasana Downward Facing Dog stay a few br.
- ⑪  4 to EX; then  move wrists < hypnotist salt water + affee
- ⑫ ; then   EX;  Rest; ⑬  or  4X; then stay; then other side
- ⑭ ; then  or  "figure 4" stay a few br
- ⑮  Rest; then  or  Rest.
Listen to poem —
; then "Finger Nyasa w/ mental Mantra
Om Santi om
- ⑯  "I'm Centred" "I'm Balanced" "I'm @ Peace"

w/ Nyasa
w/ mantra