

① "I am centered" "I am balanced" "I'm at Peace" ② chant "oin santi oin"

③ "Itsy Bitsy Spider"! \* 4e to knees; \* 4d; 4f

④ Warm up: a) alt sides b) ankle circle; other side c) alt. sides

d) (on chair) 4X; then stay; e) ; f) 6X; g) ; "Brain gym"

⑤ Dance steps:

a) Bachata Routine; then stretch back of leg; then other side; then for shoulders alt.  
 b) Merengue; c) Cumbia (slow + fast)  
 Pause; attn to breath; then 4X; then other side "Warrior" *low Tsr* *ant* *mixed settle*

a) 6X; b) 6X; c) ankle circles; other side  
 d) or w/strap; then stay in stretch (w/strap?)  
 a) "Butterfly" 6X; b) 6X

or 1st rest; then optional finger massage (as other days, tip of thumb slides ↑ on ea finger or IN; ↓ on EX mentally repeat "oin santi oin")

⑥ Poem "Blessing for Solitude" by John O'Donohue "I'm centered" "I'm held and"

"I'm @ Peace"