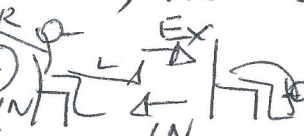
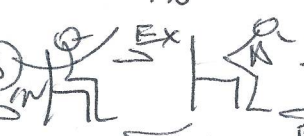
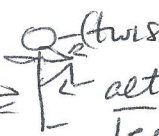
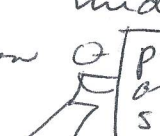
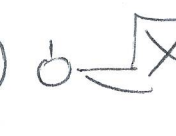
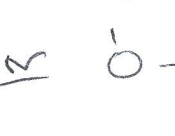
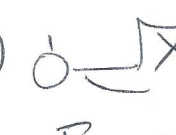
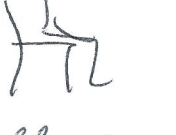


- 1 for Brain Health Date: 1/12/2026 #1/6
- 2 Finger "nyasa" IN - tip of thumb slides to tip of ^{each} finger ^{@ a time}
 Ex - tip of thumb slides ↓ to base of ~~each~~ finger
 Begin w/ index, to pinkie; repeat.
 Chant om on Ex
 ; then call to mind a word - what you want to bring to your practice
- 3  Set. sides; do a few rounds
 Repeat a few times; then  stay 3 br.
- 4 "Brain Gym" w/ "I heard it through the Grapevine"  (twist) act legs ;  act legs
- 5 Bachata : basic ; fwd + back ; box L ; box R
 salsa : basic fwd ; basic side ; b. back ; then faster !
 ; then "blend five" w/ Willie and the Hand Five theme : cross midline
- 6 Awareness.
 Direct Attn to : ♥ ; breath ; then  a few times ; then  push wall as in plank stay 30" ; then other side
- 7  ; then  ; then  8  4 to 6x
- 9  6x and/or stay
- 10  EX - bend knee slightly ; then stay 30" to 1' ;
 IN - straighten knee slightly ; then ^{all} other side
- 11  stay a few br ; then 
- 12  ≈  Rest a few minutes Reading May oliver Bradle...
- 13  ≈  ≈  ≈ 
- Finger nyasa as in #1, mentally repeat your word on IN+EX
 ; then "I'm Centered", "I'm Balanced", "I'm @ Peace ♥"