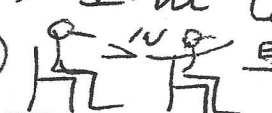
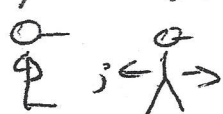
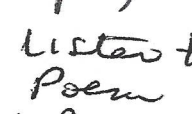
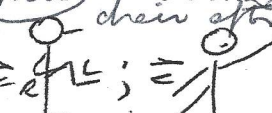
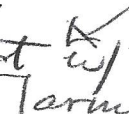
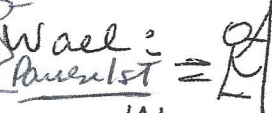
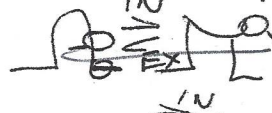
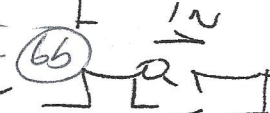
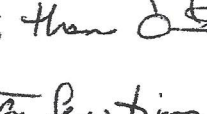
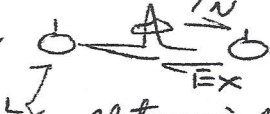
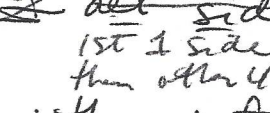
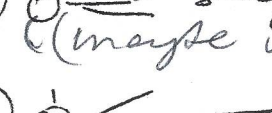
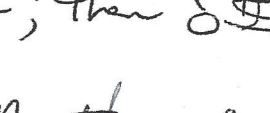
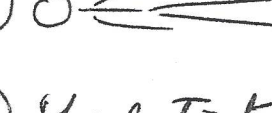
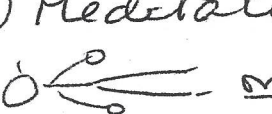
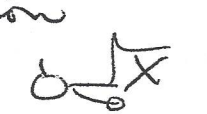
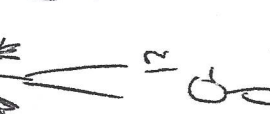
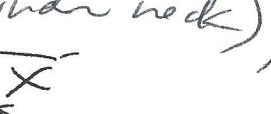


- YT for Brain Health Date: 11/24/2025 12/1/2025 S# 4/6 6/6
- ①  Set sides *chant SUM on EX; then call to mind
; Circle, say 1 word, your personal intention (what you want to
; "I'm Centered/Balanced/@ Peace" bring into your life)
 - ②  a few times; then  Listen to
New turn around chain after stands - I direct; then other  Poem
Peace...
 - ③  w/ "I heard it" then Hand Jive
through the  w/ New sequence w/ Peaktro!
"Smother" Sartore "Willie & the Hand Jive" 15
 - ④ Dance "Guajira Guantanama" singing the chorus
Berie Berate; fwd + back; box both sides b) Solve pieces
"I want it that way" Prince Royce w/ "Honorita"
Berate 3 beries + 1 turn (1/2 turn) 10X; then other side  Include improvisat w/ arm.
- La macarena turning 1/4 ea time to BL ✓
 - ⑤ Wael:  personal intention
 - ⑥  a few times; then  alt sides
do a few times
 - ⑦  alt sides, do a few rounds "boby abra"
 - ⑧  stay; then ; then  a few times
 - ⑨  a few times; then  alt sides; a few rounds
1st 1 side 1X then other 1X
 - ⑩  stay; then other side; then  (maybe use wall)
 - ⑪  Rest a few minutes
(for Kora roll under neck)
 - ⑫ Meditation
   
"Sarnara mudra", IN open hands, EX Sarnara mudra
mentally chant SUM or IN+EX (or personal mantras)
 - ⑬ Sarnara mudra
chant SUM ... 2X 3X. then "Centered Balanced @ Peace"
- Note: Next poem: Bridge with