

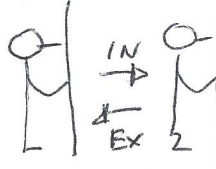
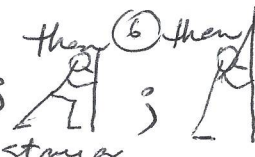
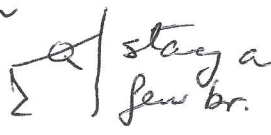
① Notice how you feel
 ↓
 Breath, sensations, pulse, emotions, etc.
 Connect to your intention


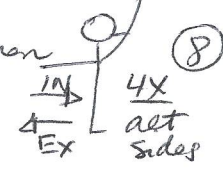
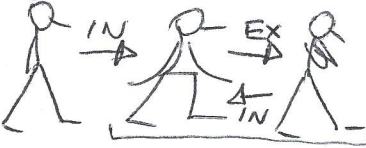
② Review "finger nyasa"

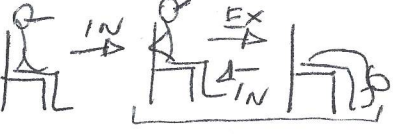
③ shift weight then alt. sides
 ← → side to side ; "Brain Gym"

④ -Bachata w/ music:
 Basic / Forward + Back / Square

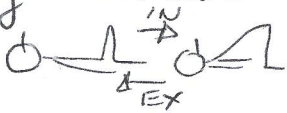
; then Merenque (like marching, coordinate w/ arms)
 in place and walking ; then check pulse, breath, etc

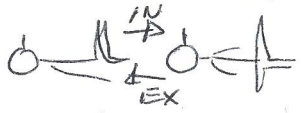
⑤  the tennis ball b/w ankles 6X ; then  slide arm on wall alt. sides ; then  stay a few br.

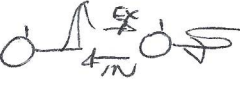
⑦  4X ; then  4X alt sides ; ⑧  4X ; then 4X other side



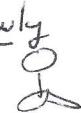

⑨  Breath ratios: AM: IN = EX
 ideas 6 to 8X
 PM or to CALM:
 IN free, gradually ↑ EX

⑩ Finger nyasa
 chant om santi om ; then finger nyasa + mentally chant ;
 a few times (Peace) then stay w/ feeling a few minutes

⑪ slowly transition to the floor
 ; then  4 to 6X

⑫  4 to 6X

⑬  4 to 6X or 1 leg @ a time

⑭ Rest  or  ; transition to  +  ☺