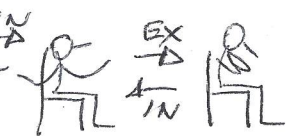



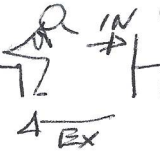
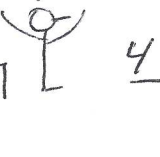
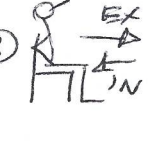


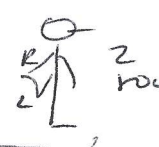


Warm up:

① sitn to how you feel; then  4X; then  ankle circles both directions; then other side

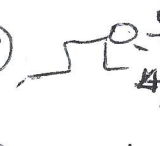
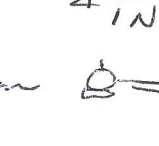
② ; ; ;  4 to 6X; ③  or  4X


④ (stand up as in #2!); then "Brain Gym"  2 rounds; then  2 rounds
Do all a few times

⑤ Bachata Routine: 2/8 basic; 2/8 fwd + back; 2/8 square + new in basic + 1X 1/2 turn twice

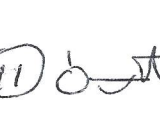
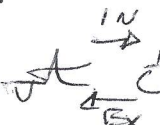
⑥ Merengue - walk in space; Cumbia

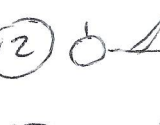
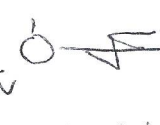
⑦ sitn to how you feel; then ; ;  4 to 6X; then other side


⑧  4 to 6X; then  do transitions slowly + mindfully

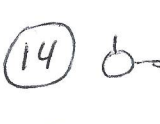
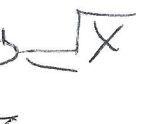
⑨  4 to 6X
no blanket under head for this one Place feet at same level



⑩  4 to 6X; then  Rest a few breaths or  Rest a few breaths

⑪  2 ankle circles both directions; then other ankle; then  4X; then other leg

⑫   (new) 4X; then other side To: stretch hip flexors

⑬  4 to 6X To: stretch low back

⑭  or  Rest or Meditation w/ finger yoga

⑮  or  Medit: slide tip of thumb up on finger IN
" " " " down " " EX

optional: mentally repeat your personal mantra
a word that gives you a good "feel" + "feeling" ☺