

① Itsy Bitsy Spider! Singing w/ hand gestures
(in yoga we call it "chanting with nyasa")
We focused on thumb + index

② "Hakimi Medha" For: integration brain hemispheres

③ Warm up

a) 6X ; b) ankle - one direction
c) knee extension
circles - other " ; set sides
• repeat all ; 6X

d) 6X ; then
e) 6X
repeat w/ other leg

Sitting on chair
sideways

f) 6 rounds

6 rounds

g) shoulder rolls ; elbows "infinity"

h) ; or R
L

④ Dance!

- Review - bachata steps
- bachata routine
 - Merengue walking around
 - Cumbia basic
- basic
fwd + back
box step
basic / 1/2 turn

⑤ Pause a few breaths ; then

⑥ 6X alt sides

⑦ "downward dog" stay a few breaths

⑧ 6X ; then other side "Warrior"

⑨ "goose stretch" 6X

⑩ Pause a few br. ⑪ 6X "bridge"

⑫ 2 ankle circles 1 side ; other ; other leg

⑬ 6X ; then other leg

⑭ "butterfly" 6X

⑮ "apanasana" 6X
⑯ Rest w/ finger nyasa

YT for Brain Health Date 3/23/24

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(p2)

Mantra: om śanti om (pronounce "om shanti om")

Meaning: Peace

Finger nyāsa in "śavasana" (resting @ end):

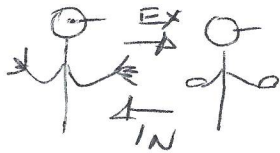
IN slide tip of thumb to tip of ea finger } practice
EX " " " " down to base of finger } whenever
you want!

Options: focusing on breath: IN up; EX down

focusing on "mantra": mentally repeating
"om śanti om"

or vocally repeating mantra

Another finger nyāsa:



IN open hands

EX touch tips of fingers together

(we practiced this at some point today)

Practice whenever you want!