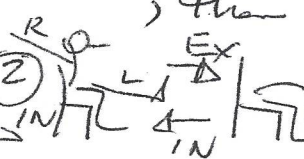
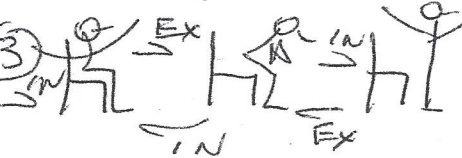


11 Brain Health Date: 1/12/2026

#2/6

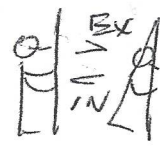
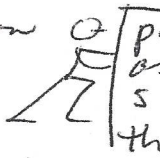
① Finger "nyasa" IN - tip of thumb slides to tip of ^{each} finger ^{@ a time}
EX - tip of thumb slides $\downarrow$ to base of ~~each~~ finger
Begin w/ index, to pinkie; repeat
Chant on an Ex

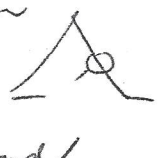
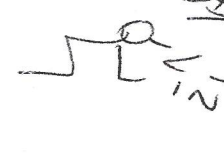
②  then call to mind a word - what you want to bring to your practice
Att. sides; do a few rounds

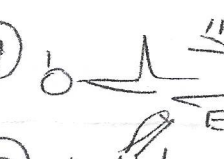
③  Repeat a few times; then  stay 3 br.

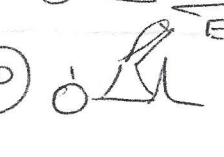
④ "Brain Gym" w/ "I heard it through the Grapevine"  (thrust)

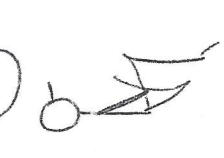
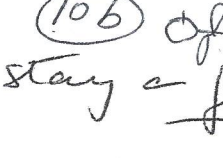
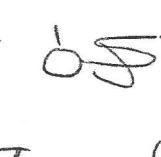
⑤ Bachata: basic; fwd + back; box L; box R
solos: basic fwd; basic side; b. back; then faster!
; then "Head Give" w/ Willie and the Head Give theme: Cross undline

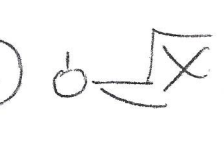
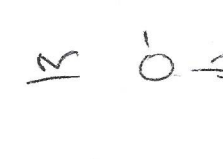
⑥ Awareness:
Direct Attn to: $\heartsuit$; breath; then  a few times; then  push wall as in plank stay 30" then other side

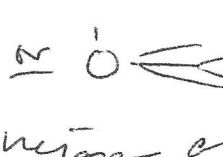
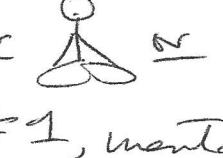
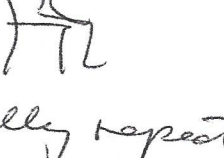
⑦  then  then  ⑧  4 to 6X

⑨  6X and/or stay

⑩  EX - bend knee slightly
IN - straighten knee slightly; then stay 30" to 1'; then ^{all} other side

⑪  (106)  6X
stay a few br; then 

⑫  $\approx$  Rest a few minutes Reading May oliv Biddle...

⑬  $\approx$  $\approx$  $\approx$ 

Finger nyasa as in #1, mentally repeat your word on IN + EX
; then "I'm Centered", "I'm Balanced", "I'm @ Peace."