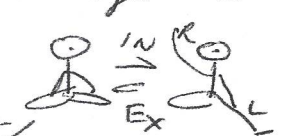
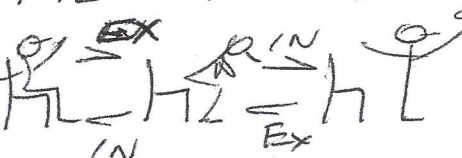
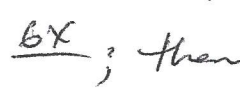
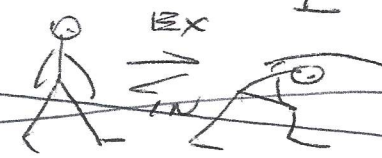
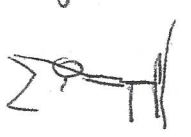
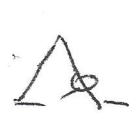
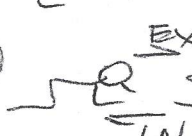
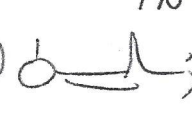
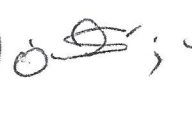
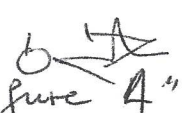
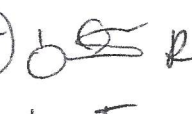
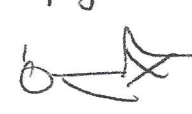


YT for Brain Health Date: 9/15/25 9/22/25 S#2/6 S#3/5

- ① Circle: New Finger Nyasa w/ Mantra (Om Santi Om)
IN: tip of thumb slides from base of ea finger to tip
EX: " " " slides ↓ to base of finger
Index to pinkie; then IN open hands, EX hands to ♥ - Peace
- ② Poem / Blessing Navajo — "I ask all blessings..."
- ③  or  alt sides * contralateral Repeat a few times
- ④   EX; then  New Pause after IN + after EX - stillness in mind ♥
- ⑤ Crossing midline draw rainbow  4 to 6X; then other side
- ⑥  "Brain Gym";  * contralateral; then Hand Jive! w/ music
- ⑦ Dance: Bachata basic; 1/2 turn; fwd + back
Salsa basic in place; b. fwd; b. to side; b. back
- ⑧  alt. sides Do a few times; ⑨ then  stay 30"; then other side
- ⑩  or  or  options for Adho Mukha Svanasana stay a few br. Downward Facing Dog
- ⑪  4 to 6X; then  move wrists < hypnotist salt water + affee
- ⑫ ; then  6X;  Rest; ⑬  or  4X; then stay: other side
- ⑭ ; then  or  stay a few br "figure 4"
- ⑮  Rest; then  or  Rest.
Listen to poem —
; then "Finger Nyasa w/ mental Mantra
Om Santi Om"
- ⑯ ♀ "I'm Centred" "I'm Balanced" "I'm @ Peace"

-w/ Nyasa
Mantra