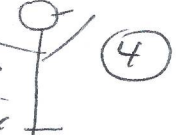
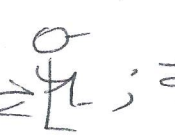
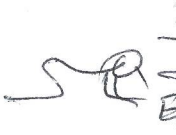
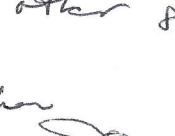
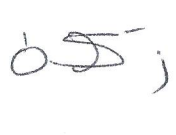
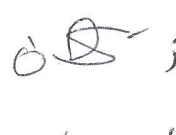
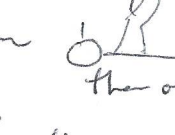
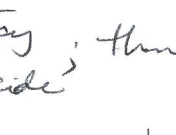
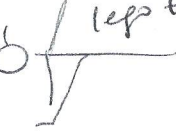
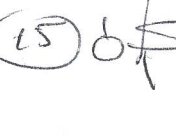
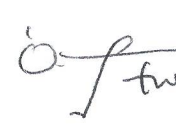
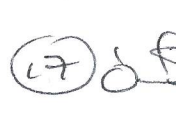
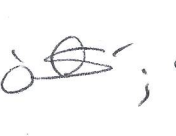
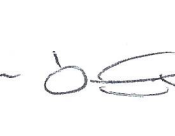
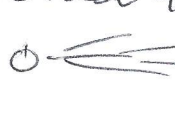


YT for Brain Health Date: 7/14/25 S# 6/6

- ① IN open hands
Ex thumb to index, middle, ring, pinkie; then IN open hands
chest open on Ex Ex hands to heart Mantrally say personal prayer May I...
- ② ; ; ③ ; ④ ; ; ⑤ Hand give sep. # than lost
- ⑥ Dance - Basic Bachata; Basic Salsa
- ⑦ Notice heart beat; then ⑧ ; stay ; other side; stay 
- ⑨ ; ; stay; then repeat other side
- ⑩ ; 6X; then rest ; then 
- ⑪ ; then ; 6X; then stay  4 br
- ⑫ ; then  stay; then ⑬  move legs in circles w/ hands 1 direction + other
- ⑭  legs to side stay; then other side; ⑮  twist a few X, alt sides
- ⑯  twist stay; then other side; ⑰ ; then  Fig. 4; then other side
- ⑱ ; then 
- ⑲ Meditation Finger Nyāse w/ mudra + mantra or in # 1 louder to softer + silent; then rest 
- ⑳ F. Nyāse w/ mudra w/ ee finger; then hands to heart, say personal prayer

Poem
The Way it IS
by Williams
Stefan