
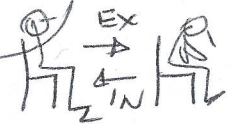






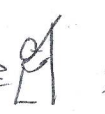

- ①  • Go inward
 • Notice breath
 • Ask yourself: "What's on my plate?" (Chant Sahana)
 • Then, finger nyāsa chanting on EX Oin Sānti oin (Peace)
 • Then, listen to poem "Smart Cookies" by Richard Schiffman
 • Then, again, ask yourself: "What's on my plate?"
 See if you can hold a space for that. ♡


- ②  6X ③  1st slide heel on floor, a few times alt.
 2nd lift foot, " " " alt.

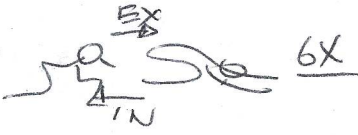
- ④  6X ⑤  stretch a few breaths;
 then other side

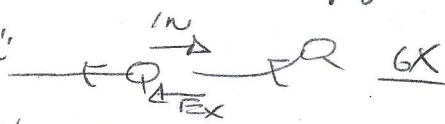
- ⑥ Repeat #4 1X to stand up ⑦ "Brain Gym"  ; 


- ⑧ Bachata in Circle, clap hands on count 4 & 8
 • basic to side; side, cross, side, touch; box (both sides)
 ; then "Lamento Bachata Live Dance" w/ 3/4 turns (to R, turn to L)
 Cha Cha Cha - basic L fwd R back; then basic to side (New)

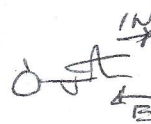
- ⑨ Free stretch @ wall  ;  ; 


- ⑩  Hands, wrists, shoulders
 "Hypnotist" hands
 "Choral conductor"
 "salt water taffy"




- ⑪  6X

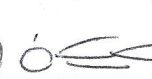

- ⑫ "Cobra"  6X ; then repeat #11 2X

- ⑬  Feel breath
 Q: "What's on your plate?"
 Inner Smile (U)
 Smooth breath (U)

- ⑭  4X; then other side

- ⑮  6X

- ⑯  ; then  a few br; then other side; then 

- ⑰  or  • Listen to poem "Smart Cookies" again
 • "What's on your plate?"

- ⑱ Finger nyāsa oin sānti oin; ♡
 I'm Centered/Balanced/Peace } • Hold a space for that
 I'm sending LIGHT/love into you • Conversation: "I'm holding a space for you"