


























- ① "Itsy Bitsy Spider" singing w/ hand gestures
- ② "I am Centered" ; "I am balanced" ; "I am at Peace" 
Hakini; mudra
- ③  ankle curdes;  tap into then  *contralateral alt. sides;  hip flexor stretch
- ④  move legs out rest; then  move legs in; resist; w/ hands
- ⑤  *contralateral "Brain Gym";  a few times

- ⑥ Dance!  Bachata Review: - basic to side - fwd + back - box
- New Salsa! out: ① 2 3 4 ⑤ 6 7 8
- back + fwd basic "break steps" (where you change direction)
- side basic (@ ≠ speeds "tempo")

- ⑦  EX IN; then  stay; ⑧  EX IN 6X
- ⑧  IN EX "Bridge" w/ blanket b/w thighs 6X;  6X ea side
- ⑨  "Clem shells one side, then other side" 6X ea side;  6X ea side;  6X ea side

- ⑩  Rest; then  EX IN "Butterfly" 6X
 - ⑪  EX IN or 1 leg @ a time; 6X
 - ⑫  Rest Mentally: "I am Centered" "I am Balanced" "I am @ Peace"
- Listen to poem by Hafiz; then  chant om santi om 3X