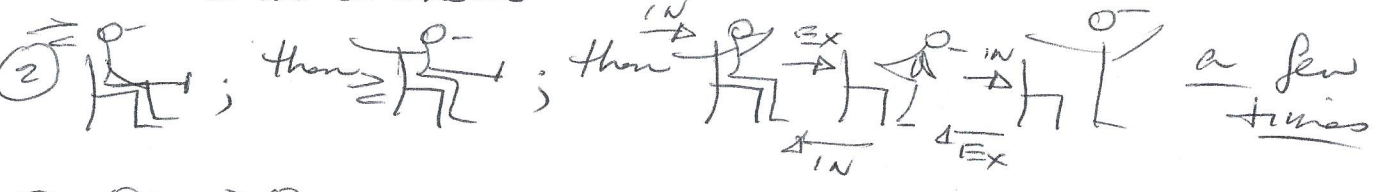


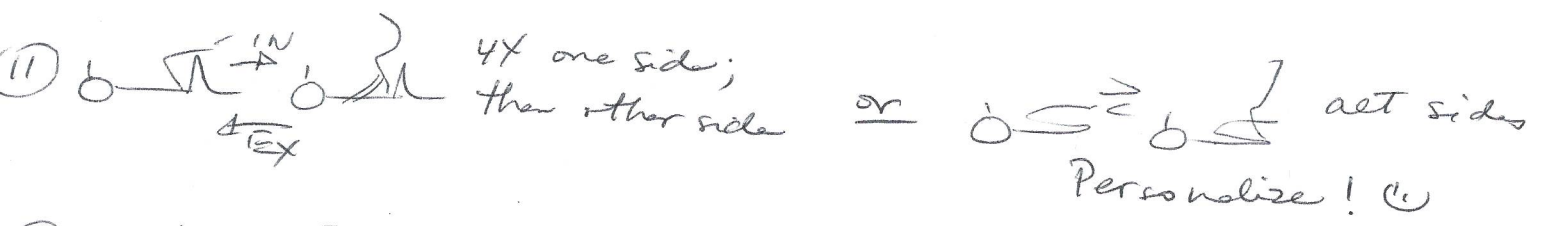
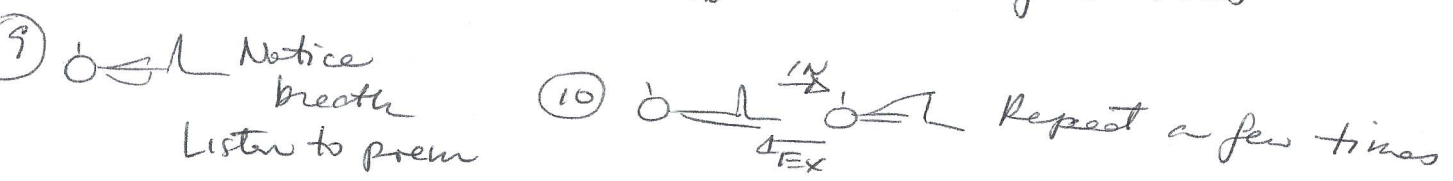
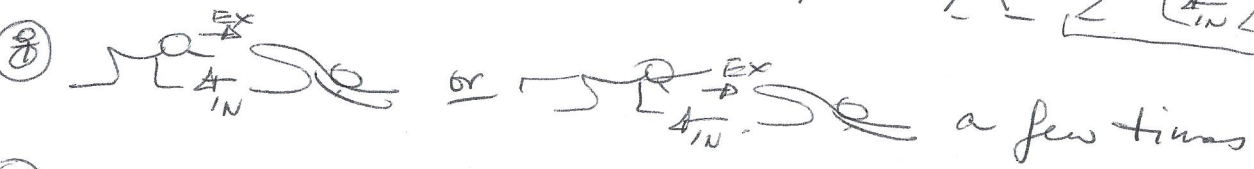
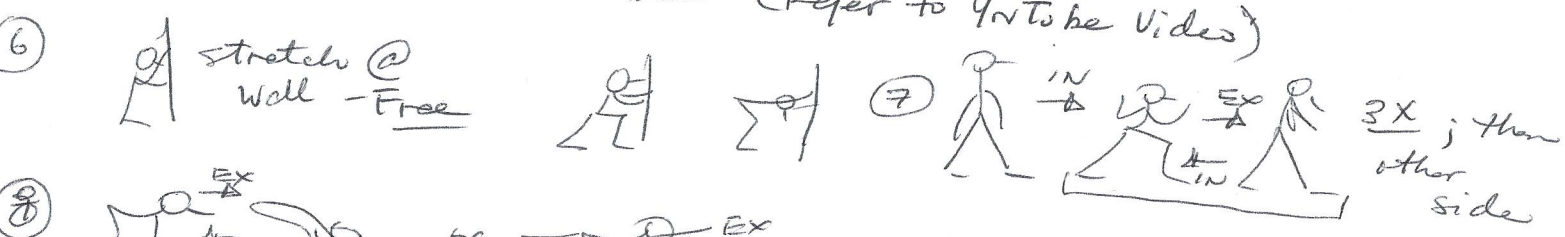
① Listen to "Sahana"; Listen to fragment of poem "For the Traveler"; then Finger Nyasa chest oin santi oin 5X @ end hands to heart

"I'm Centered" "I'm @ Peace" "I'm Balanced"

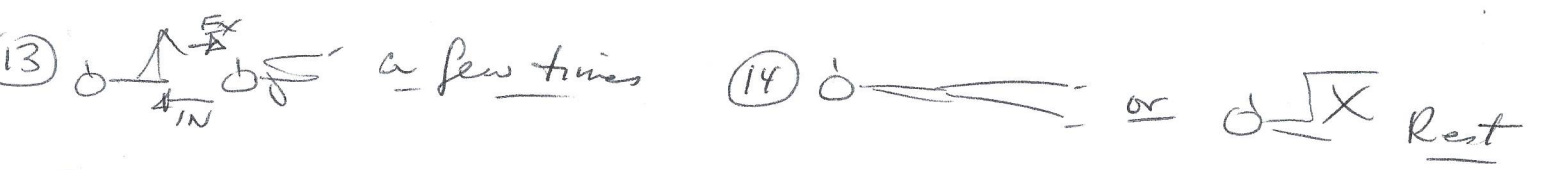


③ [stick figure] > [stick figure]; then ④ Playing w/ "hand give" w/ "I like it like that"

⑤ Bachata review: basic; fwd + back; box; turns - Yolanda Line Dance - cubania - (Refer to YvToke Videos)



⑫ stay a few br. Choose stretch that works for you!



14b - then listen to poem again - then finger nyasa w/ oin santi oin - then "I'm Centered" "Balanced" "@ Peace"