



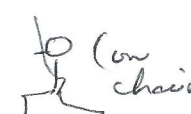






①  \approx  ; then  ankle circle *foot awareness + agility Focus: Balance + Stretching

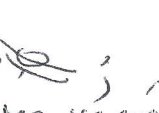
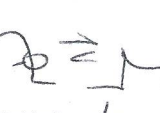

②  \approx  \approx  \approx  *leg strength



③  \approx  (on chair) *to stretch

④  \approx  *agility, balance, coordination, attention, contralateral ; then 'hand give' + memory

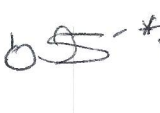
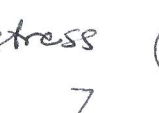

⑤ Dance! Bachata basic steps + salsa basic steps - ^{short practice w/ partner} - basic; fwd + back; box - basic lead; basic to side; basic back *agility, coordination, ↑ foot agility, ~~coordination~~ rhythm, ↓ stress, cardiovascular, ↑ fun, ↑ mood + ↓ fall risk, " for brain "



⑥  ;  ; \approx  ; 

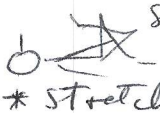

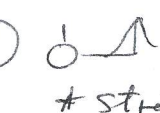
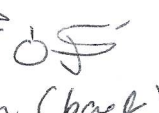
⑦  \approx  ;  \approx  ;  *hand mov (check video) ;  *balance, contralateral *improves vagus nerve tone


⑧  \approx  Forearm plank (New) *core strength (better strength in goal balance)

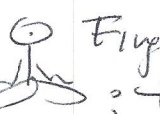
⑨  \approx  *improve posture + spinal health

⑩  *↓ stress ⑪  \approx  *↑ strength + stability for hips/knees/back/ankles

⑫  \approx  *stretch, ↑ nerve communication w/ brain in goal

⑬  *stretch (hips) ; ⑭  *stretch (back) ⑮  \approx  a few minutes Rest ↓ stress

⑯  meditation *strengthens brain Finger nyasa w/ oil Santal oil

⑰  Finger nyasa w/ oil Santal oil ; then "I'm Centred" "I'm Balanced" "I'm at Peace"

Quotes from Susan Cain (Bittersweet) about talk to yourself p.22 Kindly + about grief + community +237 +238