

YT for Brain Health

Date: 9/16/2024

S# 2/6

① Poem "Praying" by Mary Oliver; then mentally say your personal prayer; then "I'm Centered" "I'm Balanced" "I'm @ Peace" ; then finger nyasa chantay on EX om santi om (Peace)

② Warm up: * add mov ankles 6X; then 4 to 6X
 * contralateral EX
 * cross arm on opp leg. on EX
 stretch: 1 side; then other side

③ 1st * contralateral "Brain Gym" ; then Dance!
 Bachata: basic; box; side, cross back, side, touch; 3X basic + full turn (both sides) ≠ speeds
 Salsa: basic in place, basic to side

④ Stretch @ wall stay; then other side; stay a few breaths

⑤ 6X; then stay 2 br; then other side stay 2 br.

⑥ 6X
 ⑦ Hips maintenance 4X then 4X; then all side
 between sides + after swing knees side to side

⑧ 6X; stay 2 br; then other side; 4X; then other side

⑨ or ("Figure 4") stay a few breaths; then other side; 6X

- ⑩ or - Listen to poem "Praying" by Mary Oliver
 - Mentally say your personal prayer
 - Guided relaxation
 - Connect to something bigger than you that is supporting you in your journey say "thank you" or ask for help

then finger nyasa chantay om santi om; "I'm Centered" "I'm @ Peace" "I'm Balanced"