





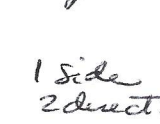



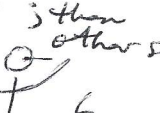



①  "I'm centered";  "I'm balanced";  "I'm at Peace"; then "Itsy Bitsy Spider"

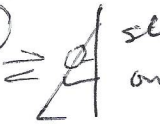
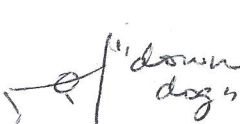
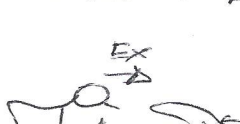
②  6X;  act if hip flexors tight, keep heel on floor;  ankle circles;  1 side 2 direct. then other side



4X; then stay 3br or  (to stabilize structures);    6 rounds

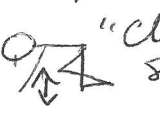
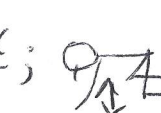

③ "Brain Gym" =  ;  * contralateral

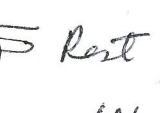

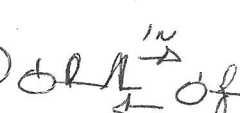
④ Dance!  Bachata: basic, fwd+back, box, New basic + 1/2 turn
 Salsa on 1 slower + faster (move @ # speeds!)


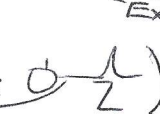
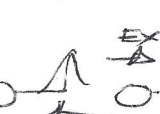
⑤ Finger yoga Review IN - slide tip of thumb up to tip of 1 finger @ a time
 EX - " " " " down to base " " " "


⑥  slide hand on wall;  "down dog" ⑦  6X

⑧ New  "Bhujangāsana" cobra pose 6X;  then rest


⑨ Hip sequence
 "Clam shells" 4X;  4X;  4X; then repeat all other side

⑩  Rest; then  6X; ⑪  off 6X

⑫  4X; then other side; (for ); then  6X

⑬  Rest - 1st of finger yoga as in #5; then rest

- listen to "The Sacred Dance for life" by Hafiz

⑭  Mindfully + slowly transition
 Oin Asato Ma Sat Gawayo
 Oin Tamaso Ma Jyisho Gawayo
 Oin Madyor Ma Amritam Gawayo
 Oin Shanti shanti shanti