

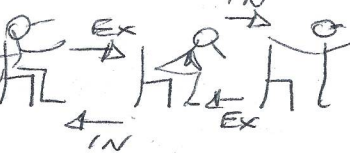



Intention: Improve Balance


①  Attn: Breath "I'm Centred
I'm Balanced
I'm @ Peace"





②  1st rock side to side; then
lift 1 foot @ a time slightly,
engaging abs



③  a few times
Fn: ↑ strength

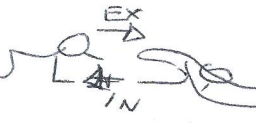

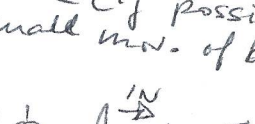
④  "Brain Gym"
a few times
Feel standing leg strong

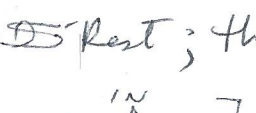
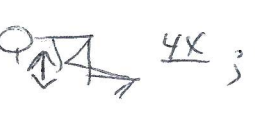
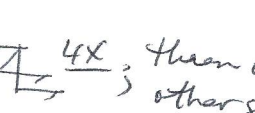
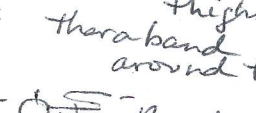
⑤ Dance:
1st: Bachata Review: basic; fwd + back; box
2nd: Salsa: basic to side; basic (fwd + back); "mambo cubano"
"mambo italiano"



⑥  Feel breath
Feel pulse, ♡ Listen to Poem: "In My Travels" by Mirabai
Pay attn to the subtle
Stay a few breaths.

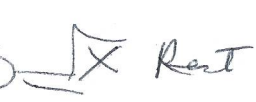

⑦ @ Wall:  stretch gastrocnemius
stay a few br.  stretch soleus
one side; then other side  stretch shoulder
stay a few br.;  touch wall
Waef spat w one leg

⑧ a)  circle other side; b)  feet together (touching if possible)
eyes closed (if possible)
notice small mov. of body to adjust


⑨  a few times  a few times  Explore:
blanket b/w thighs or
thoraband around thighs

⑩  Rest; then  4X;  4X; then all other side; then  Rest

⑪  4X 1 side; then other side  4X

⑫  Rest or  Rest

- Choose finger nyasa + do it a few times; then rest
- Listen to poem "In My Travels" by Mirabai
"become so still you hear the blood flowing through your veins"

⑬  Meditation: Refined attn to the subtle, let go
what you don't need to carry
"I'm Centred, I'm Balanced, I'm @ Peace" ♡