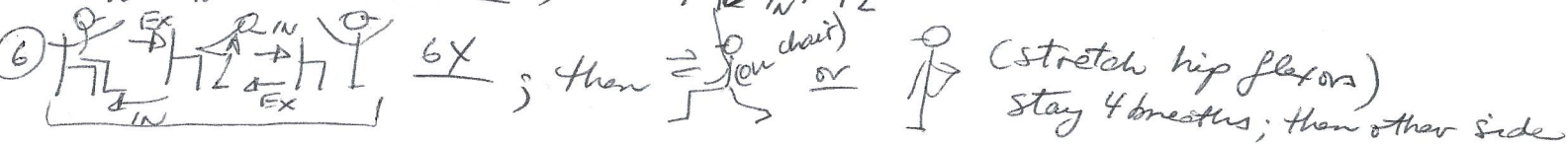
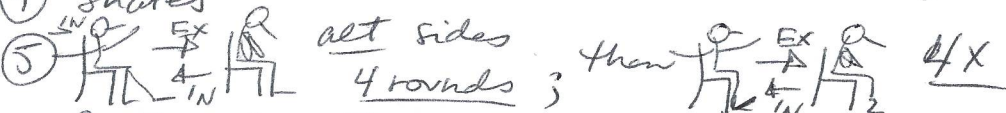
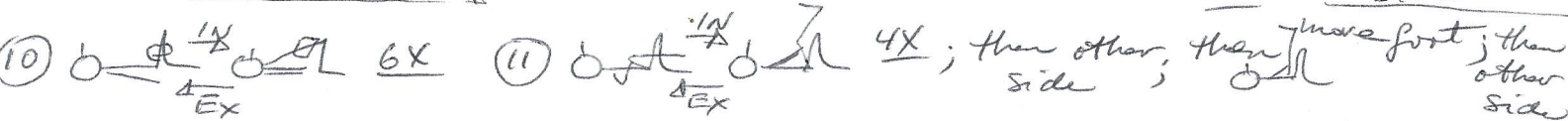
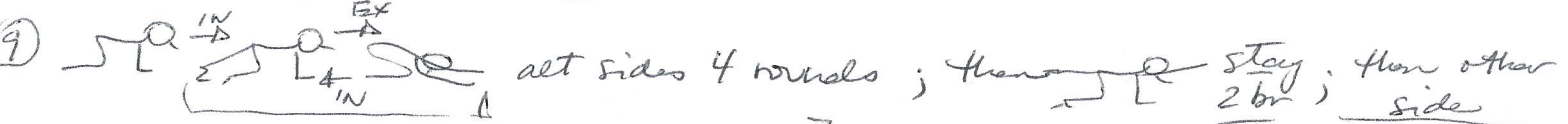
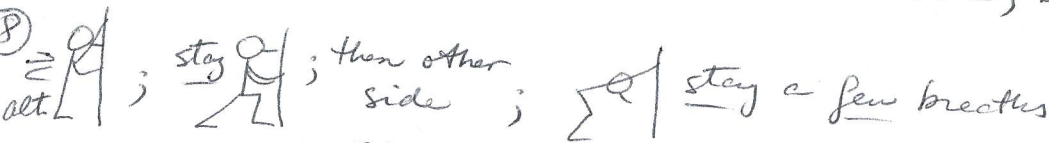


- ① Poem "You suppose..." by Romo; then I'm Centered/Balanced/@Peace
- ② Finger nyasa chant vocally on EX "oin 'santi oin"
- ③ Reflect on your inner landscape + what you want to share (or keep)
- ④ Shares



- ⑦ w/ cumbia then Dance!
- ⑧ music; Bachata: basic; box; side-cross-side-touch + choreography "Lamento Bachata" to the Right; Salsa: basic to side; basic + (new) with partner.



- Listen to Poem again; Silence;
- Finger nyasa mentally chant "oin 'santi oin" or "oin shalom oin"
- ; then silence
- Reflect on your share
- Conversation w/X Being you relate to
  - Ask for Help / Express Gratitude

