







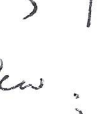



①  Attn inward  
Notice breath How are you doing? ; then chant (oin peace oin)  
oin santi oin  
(or oin shaloun oin)


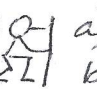
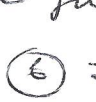
②  New Finger  
Nyasa  
IN tip of thumb goes from base of ea finger to tip,  
tip of that finger goes to base of thumb  
EX reverse

; then IN w/mv + chant oin santi oin on EX w/mv.


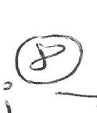

③ Warm up  ankle  
mv.;  \* controlateral  
lef lower or higher ;  4 reps;  
then stay;  
then other side  
shoulder  
circles  
1 direction; other



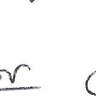

 IN  
 EX  
 IN  
 EX  
a few times ;  use strap if needed  
stay; then other side ;


④ Bachata : basic; fwd + back; box; basic + 1/2 turn  
Salsa : basic to the side; basic fwd + back (salsa out)

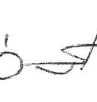
⑤ a)  b)  a) stretch gastrocnemius  
b) " soleus  to stretch  
mobilize  
shoulders



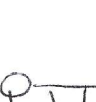
Begin + End w/  
I'm Centered  
I'm Balanced  
I'm @ Peace

⑦  a few times ;  a) w/blanket or not  
IN  
EX  
⑧ b)  to strengthen  
hamstrings  
all sides  
a few times



⑨  or  or  or   
Attn to breath (y)  
on EX pull navel toward  
Spine

⑩  w/blanket or not!  
Choose, feel what feels better - look for pain free  
IN or EX  
EX or IN

⑪  a few times;  
then stay + move ankle + foot ; then repeat  
all other side

⑫ Hips sequence  4x ;  4x ;  4x ; then repeat  
all other side

⑬  4 to 6x  
IN  
EX

⑭  or   
1st mentally "oin santi oin"  
or oin shaloun / peace oin  
w/ finger nyasa  
; then rest

Listen to Poem "Are you searching for your true self by Permal