

YT for Brain Health Date: 2/24/25

S#3/6 S#4/6

(1a) I'm Centered/Balanced/@ Peace

(1b) Finger nyāsa
w/ oin sānti om

(2) circle
ankle

(3) then

(4) stretch

(6)

(7)

Dance w/ arm movements
w/ song "Fly me to the Moon" ☺

(8) Bachata; then salsa New: shoulder
shimmering!

(7b) shoulder shimmering!

(9)

(9b)

stretch wrists

New

stay

stretch wrists

(10) "Paint wall"; "Paint floor" "salt water taffee"

(10b)

(11)

(12)

listen to poem

(13)

listen to poem

(14)

(14) cobra

(15)

off

off

off

(16) stay

(17)

stay

stay

(18) Rest; then finger nyāsa w/ mentally
oin sānti om

; then listen to poem "The Idiot's Warehouse" by Hafiz
"The Sacred Dance for Life"

(19) Finger nyāsa w/ vocally chanting oin sānti om

; then connect w/ feeling of Peace

; then "I'm Centered"

Balanced

@ Peace ☺

Next time: add

release shoulder

tension @ beginning