



① Finger nyāsa w/ chant:  
IN - slide tip of thumb to tip of ea finger @ a time (index to pinkie)  
Pause after IN - count 2

EX ← slide tip of thumb to base of ea finger @ a time  
Chanting oim śanti oim  
2 or 3 rounds

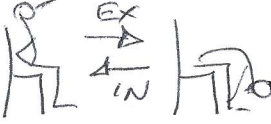

②nd Feel energy in hands  
③rd Bring that energy to ♡  
Peace in your ♡ + to others

② ankle circles;  4X 1 side; then 4X other side


③ blanket  6X


Breath pattern: for all practice  
Free IN  
2 counts pause after IN  
EX > IN

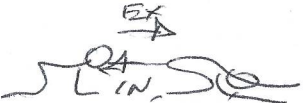
④ stay 4 breaths; or 30" to 1' then other side

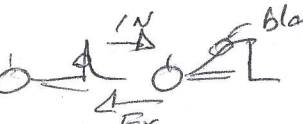

⑤  6X then 

⑤ Bachata - Review basic; then choreography: refer to Youtube video "Lamento Bachata"; then swing hips; then basic

⑥  slide hand alt sides - a few times

⑦  stay 30" @ least; then other side



⑧  Imaginary blanket b/w thighs 6X

⑨  blanket for some - 6X; then  Rest a few breaths.

⑩  6X

⑪  6X

#1 is a practice in itself!  
Do it!

⑫  or  Rest.

⑬  or  or Finger nyāsa as in #1