
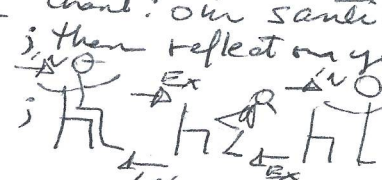
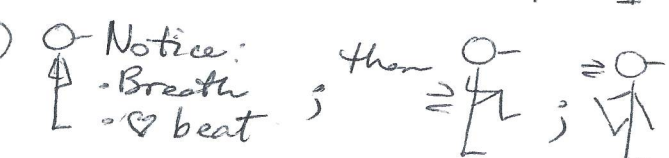
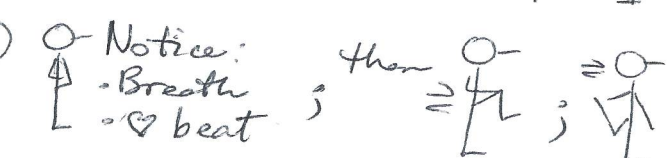
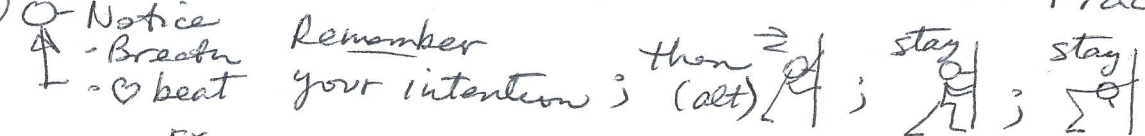

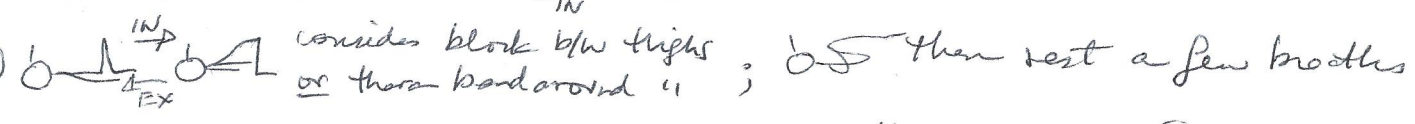


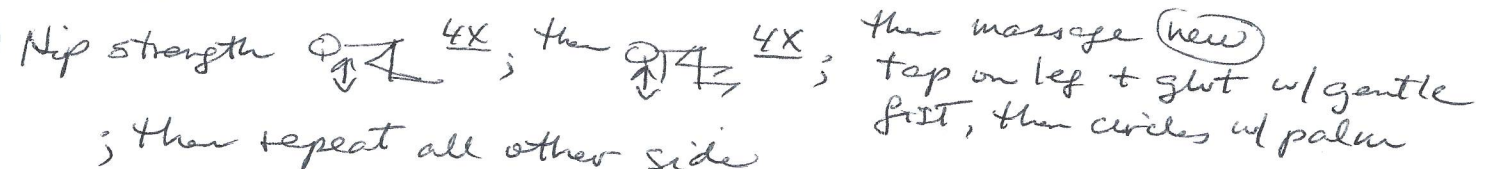
- ① Finger nyasa of (remember) then your choice of breath ; Hakiini mudra, 3X (option: oin chant: oin santi oin shalom oin) ; then reflect on your personal intention
- ② ankle mov. ;  ; then  add Pauses after IN + EX
- ③ Notice:  ; then 

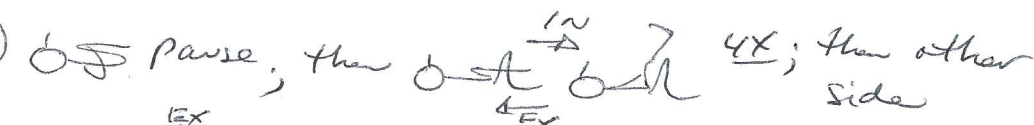
- ④ Dance - Bachata!  
1st Review all steps you have learned: basic; fwd + back; box; basic + 1/2 turn  
2nd Remember Routine from last series - Practice both sides


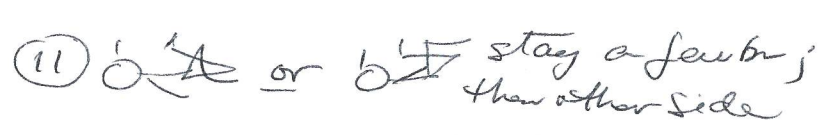
- ⑤ Notice Remember your intention ; then  ; stay ; stay

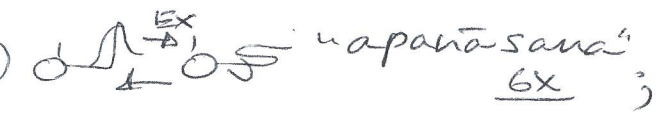
- ⑥  (alt sides)

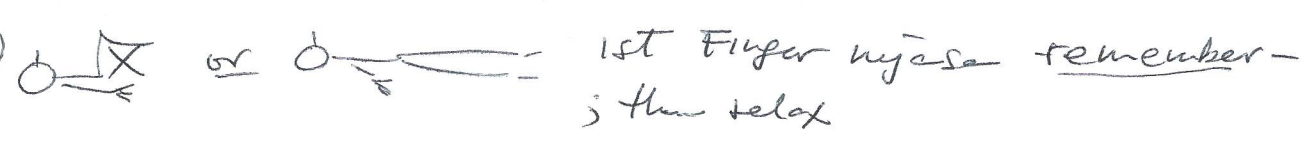
- ⑦  ; then rest a few breaths

- ⑧ Hip strength  ; then massage (new) top on leg + glut w/ gentle fist, then circles w/ palm ; then repeat all other side

- ⑨  ; then other side

- ⑩  ; then ⑪  stay a few breaths ; then other side

- ⑪  "apanaasana" 6X ;

- ⑫  1st Finger nyasa remember - ; then relax

New elements: sound of singing bowl  
- soft music for relaxation  
(Garden of the Gods / Dexter "Temple of Silence")

- ⑬  Hakiini mudra oin santi oin 3X