

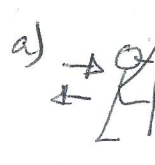
Homework! ☺ Choose among those practices. Do something ☺

Practice #1

- ① Dance for 10' with Bachata or Salsa music
You know the steps

Practice #2

- ② Stretch @ wall

a)  slide 1 arm at a time, alternate sides
Repeat a few times

then

b)  stretch, stay 30", then other side

c)  stand w/ 1 foot in front of other 30"; then other side

d)  stay a few breathes

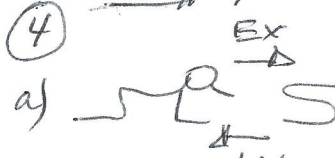
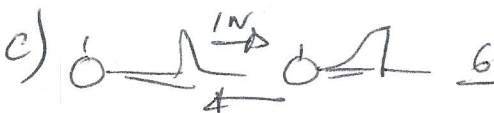
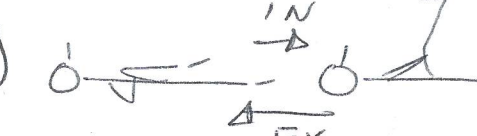
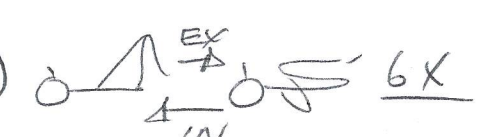
Practice #3

- ③ Do finger nyasa w/ chant (check video)

b)  Repeat 6X

; then repeat a) finger nyasa w/ chant (check video)

Practice #4

- ④ a)  6X b)  4X ea side alt. sides stay 2 breathes ea time
- c)  6X d)  4X; then other side 4X
- e)  stay 30"; then other side f)  6X

g)  Rest 3' to 5'

