

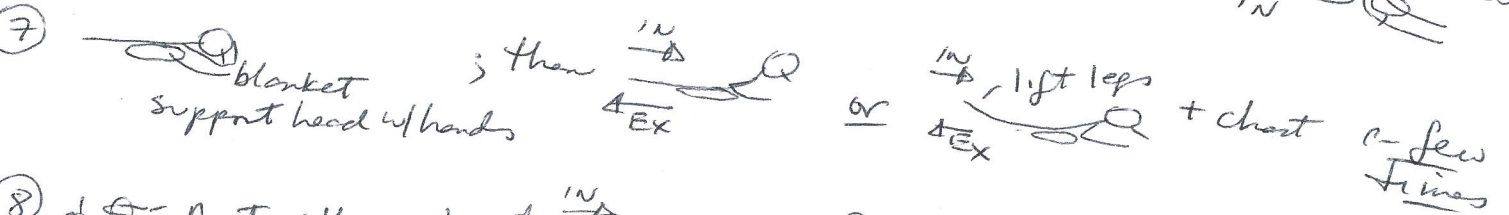
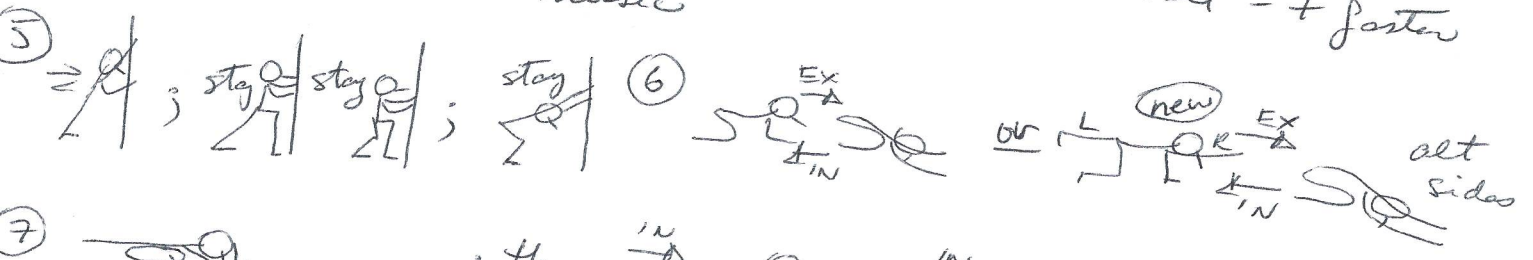
- ① Review finger nyāsas (on EX chant "Om")  
 1st Wopen hands; EX touch all fingertips together 4X  
 2nd 1N open hands; EX touch tip of thumb + tip of each finger @ a time  
 3rd (previous, from other classes) 1N tip of thumb slides to tip of ea finger @ a time; EX slides down.  
 4th same as in last practice (refer to 5'6 6/17/24)

② I'm Centered; I'm balanced; I'm @ Peace (with nyāsa)



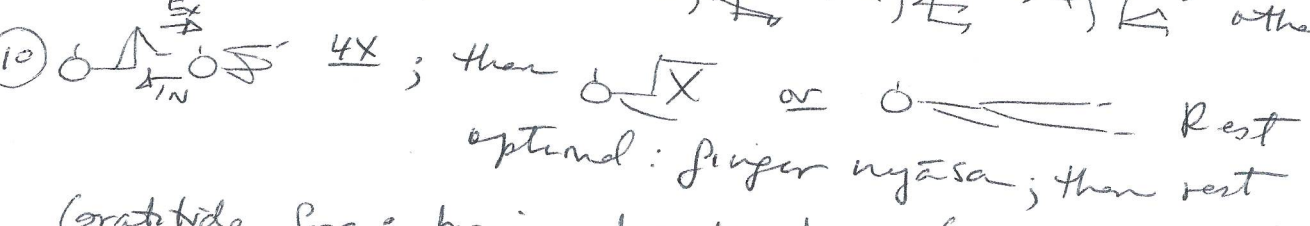
④ Bachata: basic; new: advanced step to side w/ ball, change fwd + back; box w

Salsa: basic to the side; basic (1 leg fwd other back or 1 leg back other fwd)  
Italian  
New mambo: 1. cross 2. side 3. together 4. wait - + faster  
 w/ salsa music



⑧ Rest; then Rest

⑨ Hip strength sequence: a) 4X b) 4X c) 4X ; then repeat all other side



Gratitude for: brain, heart + lungs (in whole body!)  
 ; then listen to Mark Nepo's Book of Awakening p. 201  
 (dealing w/ painful feelings)

⑪ Finger nyāsa ; then "I'm Centered, I'm Balanced, I'm @ Peace" ♥  
 as in #1