

① Listen to "Sabana"; Listen to fragment of "The Peace of Wild things"; then Finger Nyese chest oin & anti oin 5X @ end hands to ♡
"I'm Centered" "I'm @ Peace" (New) share a word

② a few times

③ then ④ Playing w/ "hand jive" w/ "I like it like that"

⑤ Bachata review: basic; fwd + back; box; turns

• Yolanda Line Dance - cumbia - (Refer to YouTube Videos)

⑥ stretch @ Wall - Free ⑦ 3X; then other side

⑧ a few times

⑨ Notice breath Listen to poem ⑩ Repeat a few times

⑪ 4X one side; then other side or aet sides Personalize! ☺

⑫ stay a few br. Choose stretch that works for you!

⑬ a few times ⑭ Rest

⑬ then listen to poem again
- then finger nyese w/ oin & anti oin
- then "I'm Centered" "Balanced" "@ Peace"

(New) share a word (something that you want to bring to your life)