

① "I'm Centred"
 "I'm Balanced"
 "I'm @ Peace"

② Finger njāsa
 IN tip of thumb slides ↑ to tip of ea finger
 EX " " " " ↓ chant om śanti om

③ ankle circles
 -mindful
 -slow

④ set side

⑤ stay a few br;
 then do other side

⑥ a few rounds
 - slow + mindful

⑦ "I'm Centred"
 "I'm Balanced"
 "I'm @ Peace"

⑧ Dance: Bachata "box" or square
 new step to side (side, cross, side, tap)
 Choreographie "Lamento Bachata" refer to
 (to the Right; YouTube video
 w/ full turn to the left)

⑨ ; stay ; stay ; stay

⑩ arm to side
 side 2 br; then } 3 rounds
 other side

⑪ 6X

⑫ 6X

⑬ ; then stay,
 mindful ankle circles

⑭ 6X

⑮ 6X

⑯ or

Finger njāsa
 Bhant om śanti om on EX
 1st loud 3 rounds
 2nd softer 1 round
 3rd silent 1 round or more

; then rest

; then call to mind feeling of Peace

IN draw in feeling of Peace ; EX establish it in system

⑰ "I'm Centred"
 "I'm Balanced" @ Peace ; then chant om śanti om 3X