

- ① Chair oin 3X; then finger myasa
1st: "fern"; 2nd tip to tip
- ② 6X
- ③ ankle; ; 6X; or on chair
- ④ ;
- ⑤ Bachata Review; then Bachata routine "Great work!"

- ⑥ Feel a few breaths
 - heart beat
 - breath
 - Life (prana)
- ⑦ (we skipped wall exercises today)
 or 6X

- ⑧ stay a few breaths
 - ↑ other side
- or stay or stay

- ⑨ 6X; then choose stay or Rest

- ⑩ 4X; then stay* + move foot/ankle; then all other side

- ⑪ push into "wall" stay a few br; then other side

- ⑫ To: stretch psoas stay a few br; then other side

- ⑬ Rest; then off 6X Let breath initiate action

- ⑭ 6X
- ⑮ Rest or Rest

-option: do a finger myasa
 -Guided relaxation w/ music (Torque/eyes)

- ⑯ Slowly & mindfully emerge; then oin 3X; I'm Centered
 "Balanced"
 "@ Peace"