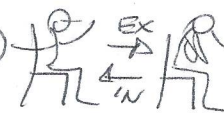

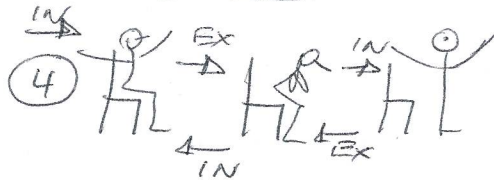




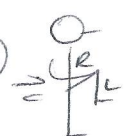
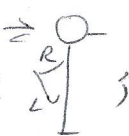
① Attn to how you feel today ; then "I'm Centered
I'm Balanced
I'm @ Peace"





②  6X Chanting
om sante om
Peace


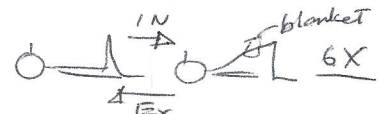
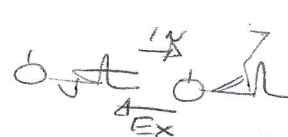
③  alt. sides, do a few times

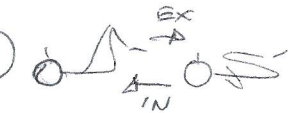


④  4X

⑤ then stretch  or 

⑥  ;  ; then Dance! ; Bachata: basic, box, fwd + back; side, cross, side, ^{towards} ; then choreography w/ "Lamento Bachata" including turns

⑦  ;  ;  ; ⑧  6X Attn to spinal movement


⑨  ; then  6X ^{blanket} ; ⑩  4X ; then stay + move foot ; then all other side

⑪  ;  then Rest 

Mentally chant om sante om
optional: while doing finger yoga:
IN tip of thumb from base to tip of ea finger
EX " " " from top to base " " "

; then rest, stay w/ feeling of Peace

Poem: "Love does that" by Meister Eckhart

⑫ then  "I'm Centered
Balanced
@ Peace" ♥