

- "I'm Centered"
- "I'm Balanced"
- "I'm @ Peace"

listen to poem than finger eyes do "A", "U", "I", "m"  
 "there is another"; chant on EX "om santi om"  
 View " by Rumi last time bends to ♡

2) Walk + snap fingers w/ music "I like it like that" Pete Rodriguez  
 ; then ; # contralateral ; then sequence playful  
 combination refer to videos

3) Bachata review: basic; fwd + back; box  
 ; then "Yolanda" cumbia 1st exploration of new steps ☺  
 "Dance, hormones + thinking w/ Peter Lovatt"

4) wall: ; ; ; then a few times ; then alt sides

5) "Back stroke" ; then learn "back stroke" +  
 + "Free Style" ; simultaneously other arm "free style"

6) 4X ; then other side  
 "Warrior 1"

7) 4X ; then other side

8) a few times ; then stay a few breaths ;  
 then other side

9) Notice breath ; then 4 to 6X ; then rest

10) 4X ; then other side ; then Rest ; then

11) or stay a few br ; or "cow face" legs  
 then other side

12) Finger eyes w/ mentally or vocally "om santi om"

13) or Rest ; then "I'm Centered"  
 Poem "there is another View" by Rumi ; "Balanced"  
 Beannacht by John O'Donohue ; " @ Peace" ☺