








① Finger nyasa of (remember) then your choice of breath






Hakini mudra
chant: om santi om shalom om
3X (option: om shalom om)
; then reflect on your personal intention
add Pauses after IN + EX











② ankle mov. ;  ;  ;  or  ;  ;  ;  ; 











③ Notice:
- Breath ; then  ;  ;  ;  ;  ;  ; 










Same material as last session.
New: stop from time to time to remember what you did (Memory)
New: Sankalpa - choose 1 thing to do during this week every day ☺











④ Dance - Bachata!
1st Review all steps you have learned: boie; fwd + 1/2 turn
2nd Remember Routine from last series - Practice both sides











⑤ Notice
- Breath Remember your intention ; then  ;  ;  ;  ; 











⑥  ;  ;  ;  ;  ;  ;  ;  ;  ; 











⑦  ;  ;  ;  ;  ;  ;  ;  ;  ; 

⑧ Hip strength  ;  ;  ;  ;  ;  ;  ;  ; 

⑨  ;  ;  ;  ;  ;  ;  ;  ;  ; 

⑩  ;  ;  ;  ;  ;  ;  ;  ;  ; 

⑪  ;  ;  ;  ;  ;  ;  ;  ;  ; 

⑫  ;  ;  ;  ;  ;  ;  ;  ;  ; 

New elements: sound of singing bowl
- soft music for relaxation
(Garden of the Gods / Deuter "Temple of Silence")

⑬  ;  ;  ;  ;  ;  ;  ;  ;  ; 