



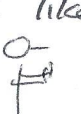










①  "I'm Centered"  
 "I'm Balanced"  
 "I'm @ Peace"  
 Listen to poem then finger yoga  
 "there is Another" ; chant on EX "oin s'ant' oin"  
 View " by Rumi last time hands to ♡

② Walk + snap fingers w/ music "I like it like that" Pete Rodriguez  
 ; then  ;  # contra lateral ; 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"

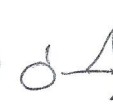

⑦    4X ; then other side




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

⑪  or  stay a few br ; then other side

⑫  

⑬  or  Rest ; then  "I'm Centered" "Balanced" " @ Peace" ☺  
 Poem "there is Another View" by Rumi  
 Guided relaxation