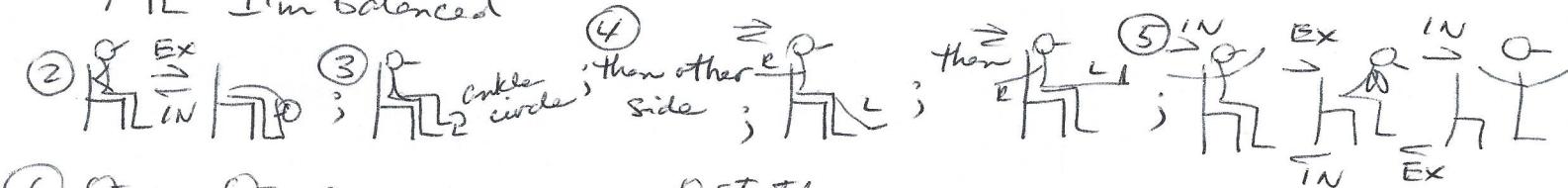


YT for Brain Health Date: 8/5/24 5/3

① "I'm Centered" "I'm @ Peace" Quote: "miracles"
HL "I'm Balanced"



⑥ "Brain gym" alt. sides; or stretch hip flex.

⑦ Dance: Bachata Review: basic, fwd + back; box; basic + 1/2 turn
Salsa review: basic (fwd + back), basic to side, in place

⑧ stay a few br.; then stretch to side; stay

⑨ 4X; then other side

⑩ stay 4X; then other side

⑪ 6X

⑫ 6X

⑬ 4X; then other side

⑭ stay a few br.; then other side

⑮ off 6X

⑯ 6X

⑰ Rest or Rest reflect on your priorities;
call to mind a "mantra" or affirmation for you B
; then 1st Finger nāgāsā

IN tip of thumb slides up to tip of 1 finger @ a time
EX " " " " down back to base of ea finger

Today: mentally repeat your mantra or affirmation
on IN + EX while doing finger nāgāsā

; then completely rest (w/music - soft -)

Optional: choose a hand gesture (mudra) for your word-s (mantra)

⑱ I'm Central & Balanced Peace & chant om Santi om