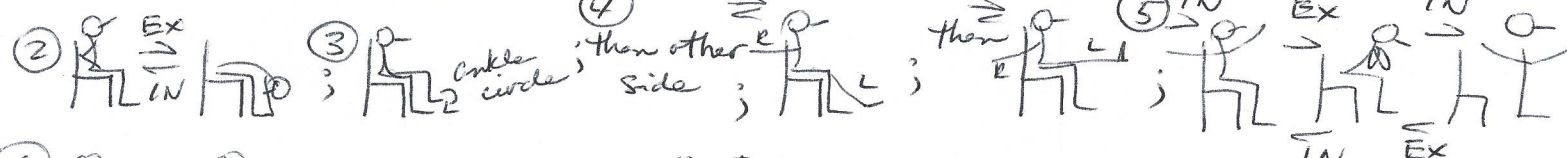
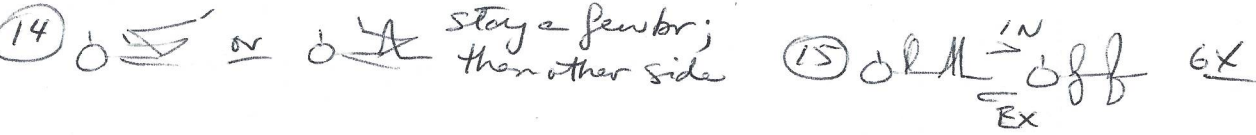
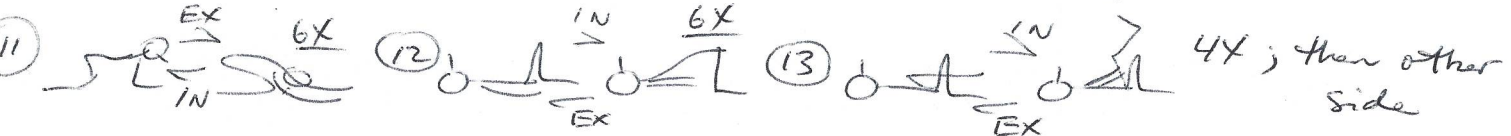
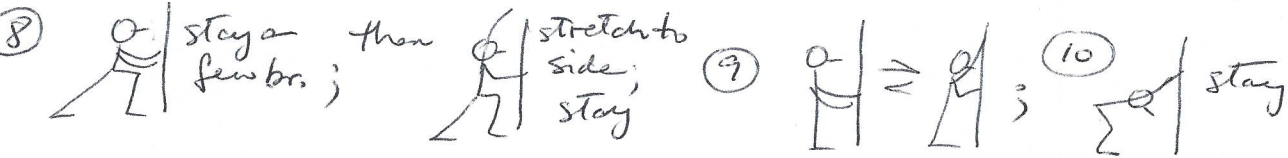


① "I'm Centered" "I'm @ Peace" Quote: "miracles"  
"I'm Balanced"



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

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



⑰ Rest or Rest Reflect on your priorities;  
call to mind a "mantra" or affirmation for YOU ♡

then 1st Finger nyasa  
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 nyasa

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

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

⑱ I'm Centered @ Peace ♡ chant om santi om  
Balanced