
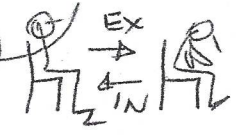

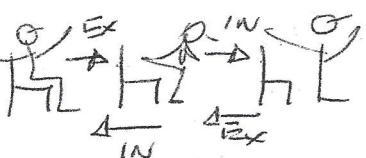






- ①  • Go inward 'I'm Centred, I'm balanced & I'm @ Peace' ♡
 • Notice Breath
 • Ask yourself: "What's on my plate?" (Chant Sahana)
 • Then, finger ~~nyāsa~~ chanting on EX Oin Santi oin (Peace)
 • then, listen to poem "Smart Cookies" by Richard Schiffman
 • then, again, ask yourself: "What's on my plate?" Poem "The Peace of Wild Things" ♡
 See if you can hold a space for that. ♡

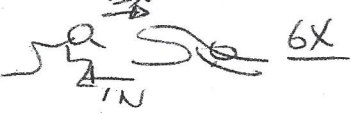
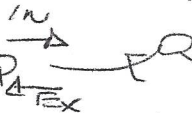
②  6X ③  1st slide heel on floor, a few times alt.
 2nd lift foot, " " " alt.

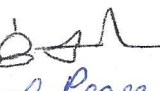
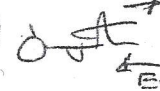

④  6X ⑤  stretch a few breaths;
 then other side




⑥ Repeat #4 1X to stand up ⑦ "Brain Gym" 

⑧ Bachata in Circle, clap hands on count 4 & 8
 - basic to side; side, cross, side, touch; box (both sides)
 ; then "Lamento Bachata Live Dance" w/ 3/4 turns (to L turn to R)
 Cha Cha Cha - basic L fwd R back; then basic to side (New)

⑨ Free stretch @ wall  ⑩  Hands, wrists, shoulders
 "Hypnotist" hands
 "Choral conductor"
 "salt water taffy"

⑪  6X ⑫ "Cobra"  6X ; then repeat #11 2X

⑬  Feel breathe
 Q: "What's on your plate?"
 Feel Peace Inner Smile ☺
 Smooth breathe ☺ ⑭  4X; then other side
 ⑮  6X

⑯  ; then  a few br; then other side; then 
 • Listen to poem "Smart Cookies" again the Peace of Wild Things
 • "What's on your plate?" Feel Peace
 • Hold a space for that
 • Conversation: "I'm holding a space for you"
 T'm saying that!!

Finger nyāsa
 oin santi oin;
 I'm Centred / Balanced / @ Peace ♡