
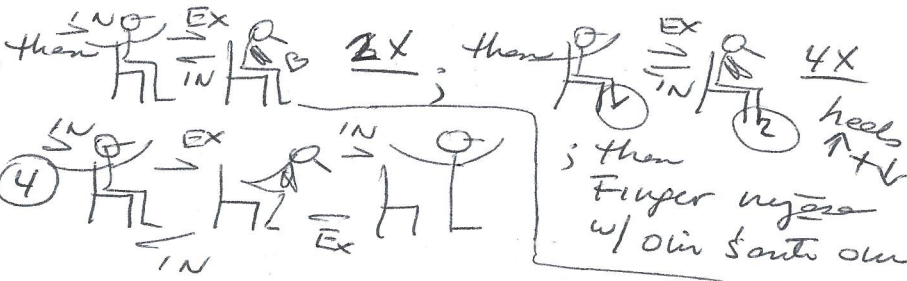
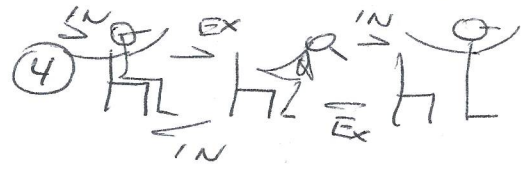


① Circle shares ♥

②  Connect to something that you are grateful for;

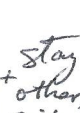

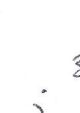


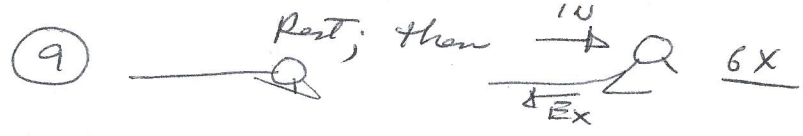
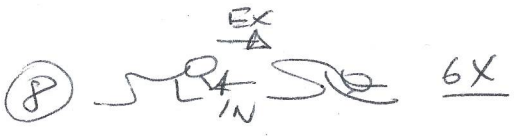
③  4X ea side
alt. sides;




⑤  or  stretch 30'; then other side


⑥ Bachata: basic, box, fwd + back
Salse: basic walking fwd + back
basic to the side


⑦  alt. stay + other side;  stay + other side;  stay 30'



⑩  Rest; then ⑪  6X

⑫  4X; then other side

⑬  6X

⑭  6X

⑮  or 

- Connect to something that you are grateful for
- Feel the feeling of feeling grateful
- Establish this feeling in you

; then rest - if you want, use finger nyasa w/ oin sante oin 1st; then rest

⑯ I'm Centered
I'm Balanced I'm @ Peace
chant oin sante oin 3X