





6. 3 to 4 R

Rest

✓ 7. Wet/warm cloth →



~~a) Inhale = exhale~~ ↗

b) Inhale 1, exhale 2 ↗

c) exhale



✓ 8. Seated: Chant



hold L. Knee, eyes focused on the floor

eyes closed

Recite slowly *Sano Mitra*

Repeat with R. Knee.

then hands on knees, eyes closed

IN 4 EX 8

— 10 BR

✓ 5-hour Course