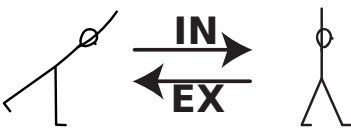


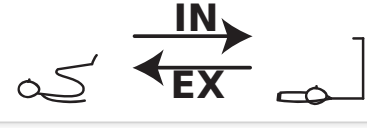


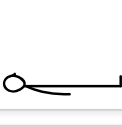





Samana Standard Practice for Balance, Focus, Peace

1		<p>Observe surroundings. Observe spine. Observe breath. Expand chest on IN hug belly in on EX Count duration of IN and EX Pay attention if there are experiences of RET and SUS</p>
2		<p>2x IN=EX (must equal at least 4) 4x RET= 1, 2, 3,4</p>
3		<p>6x Explore RET</p>
4		<p>6x FB</p>
5		<p>2x IN=EX 2x add RET=2 2X add RET-4</p>
6		<p>3x FB</p>
7		<p>3x FB</p>
8		<p>Stay 3BR</p>
9		<p>4x FB</p>

Samana Standard Practice for Balance, Focus, Peace

10		4x alt legs you launch from
11		4 BR stay and IN raise arms EX lower arms
12		4x IN=EX RET 2(2x) RET 4(2x)
13		4x IN=EX stay 4 BR
14		RET=2(2x), 4(2x), 6 (2x)
15		SUS 2 (2x), 4 (2x), 6 (2x)
16		Rest
17		IN/6, EX/6 IN/6, RET/3, EX/6 IN/6, RET/3, EX/6, SUS/6 (12x) IN/6 EX 10 (6x)