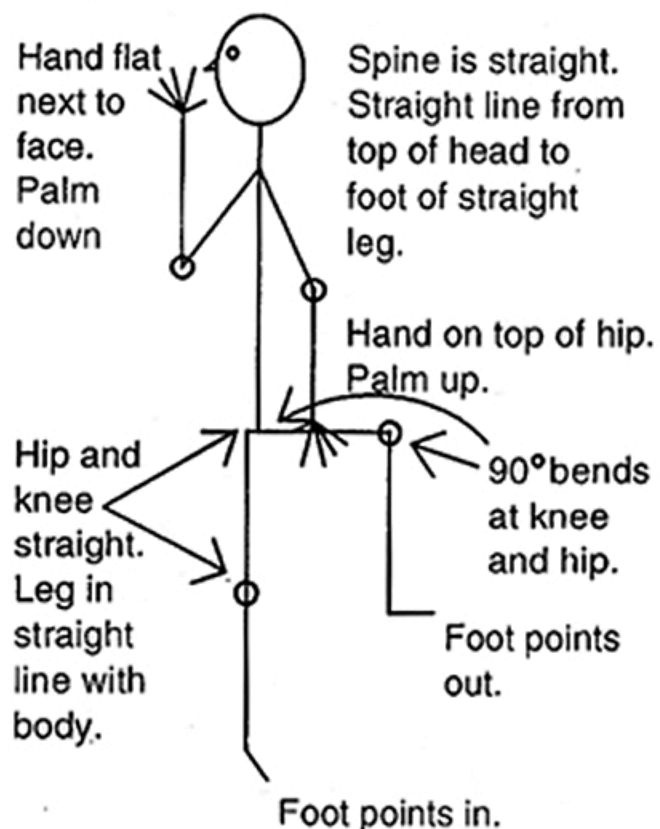
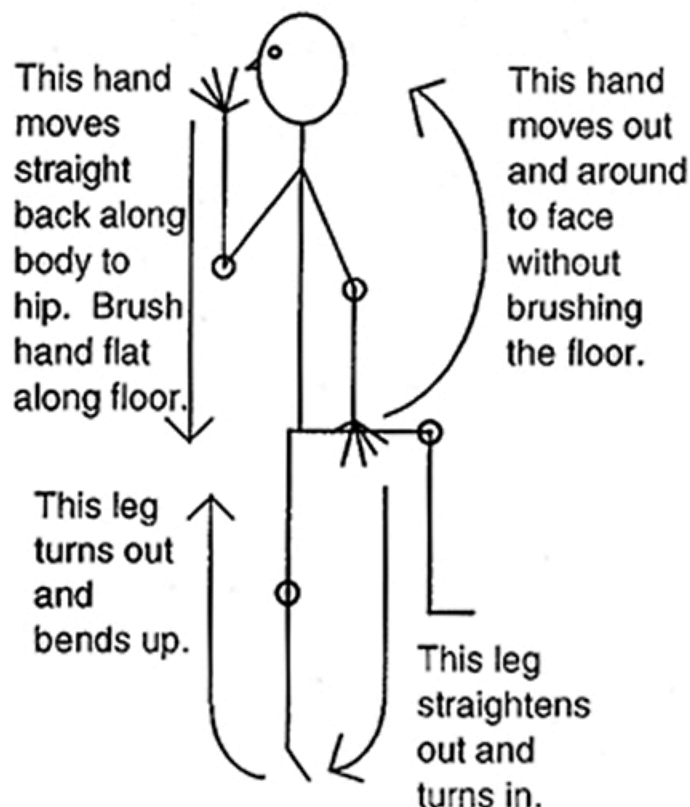


CROSS - PATTERN SELF - PATTERNING

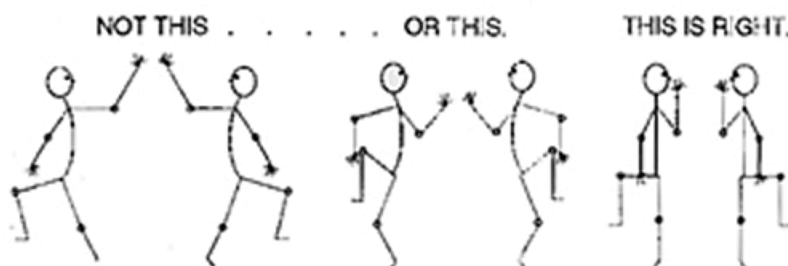
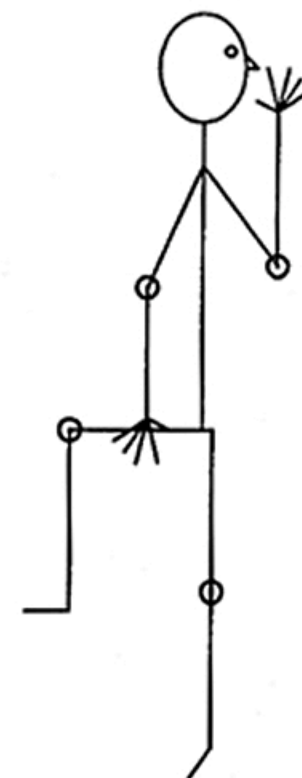
- ① Head flat, in straight line with spine. Eyes focused on hand.



- ② Head turns first, leading body. Nice and flat. Sets down in same place



- ③ Details same as in figure ①



Remember: Smooth, steady rhythm.
Head leads movement.
Counting: Each time you look at your hand counts as 1.

REPEAT 60 TIMES

