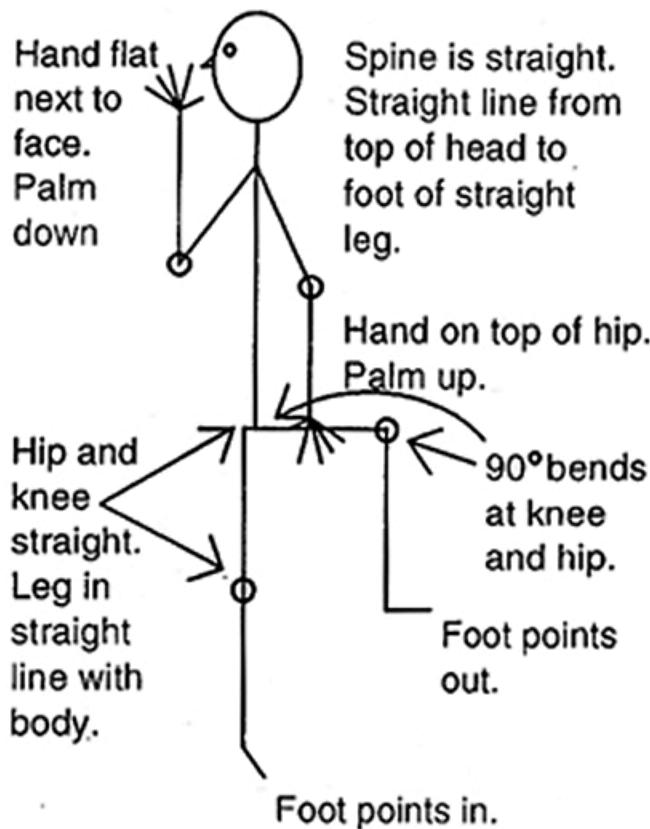
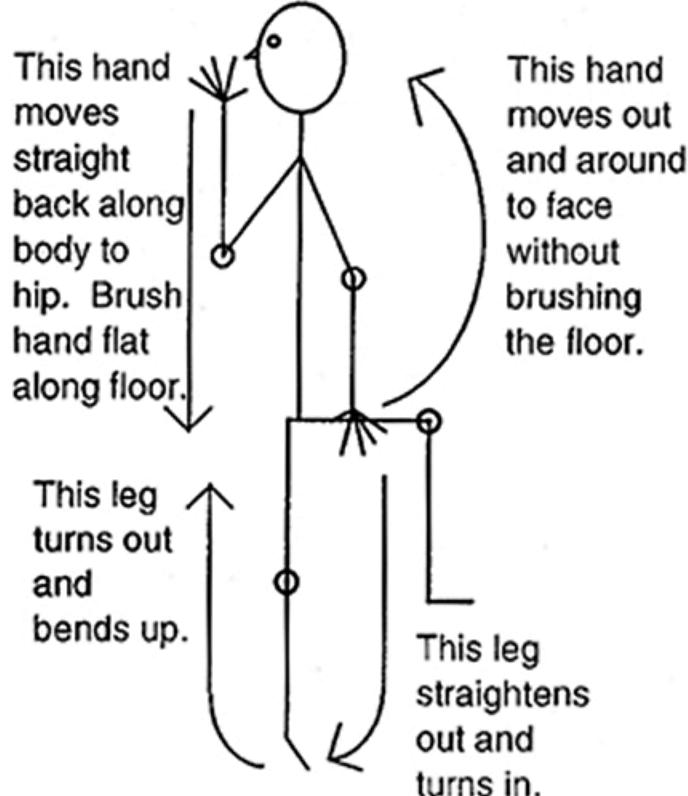


# CROSS - PATTERN SELF - PATTERNING

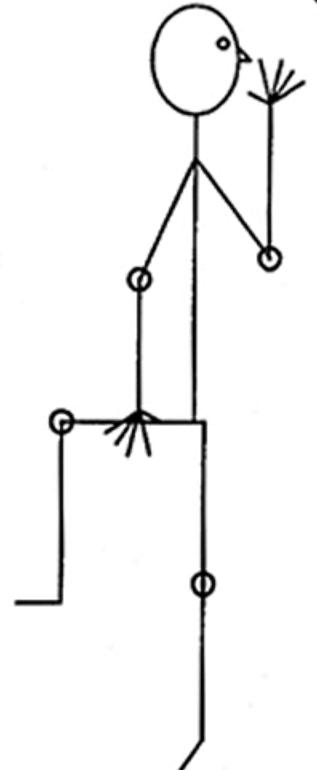
① Head flat, in straight line with spine. Eyes focused on hand.



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



③ Details same as in figure ①



NOT THIS . . . . OR THIS.



THIS IS RIGHT. Remember: Smooth, steady rhythm.

Head leads movement.  
Counting: Each time you look at your hand counts as 1.

REPEAT 60 TIMES

