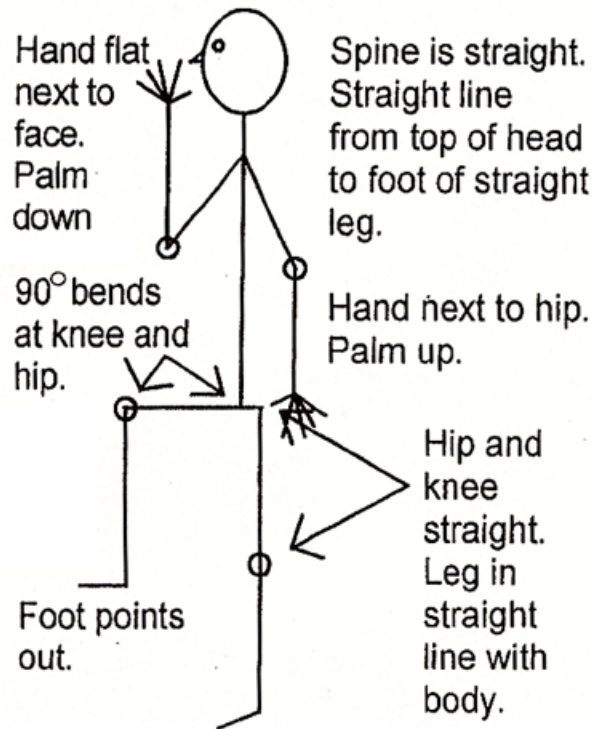


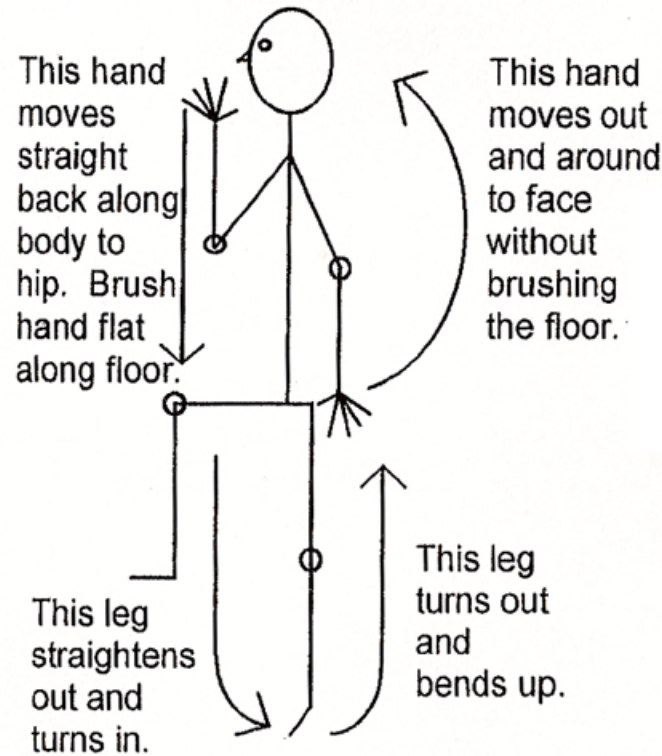
HOMOLATERAL SELF - PATTERNING

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

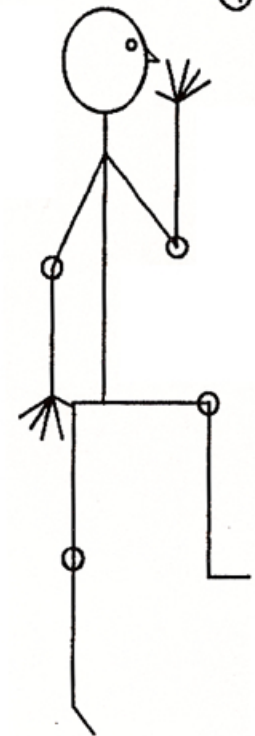


Foot points in.

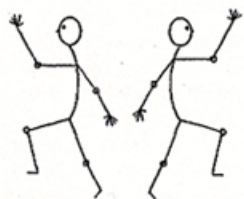
- ② Head turns first, leading body. Keep neck straight. Sets down in same place.



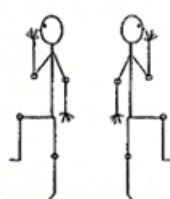
- ③ Details same as in figure ①



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



NDMC

Bette Lamont
The Brain Nanny©