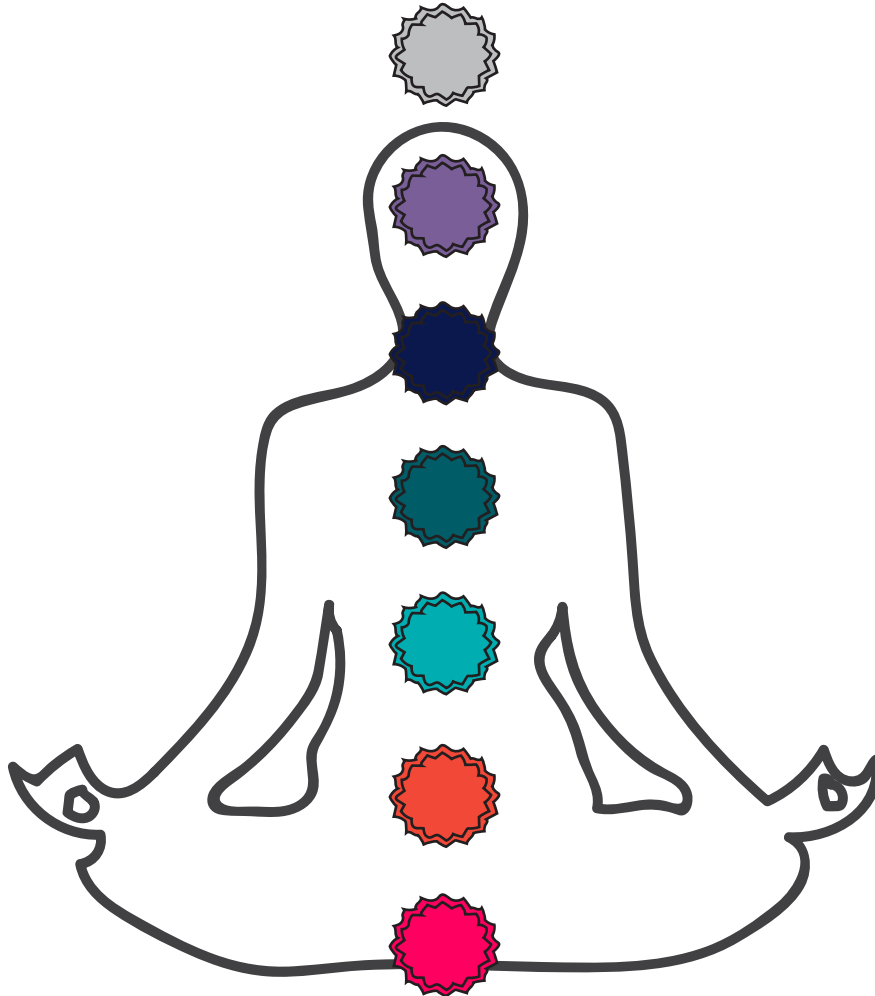


SELF SCAN INSTRUCTIONS

Day 4: Energy Training Intensive



Beginning at the crown take your hands to either side and notice what sensation surfaces in your hands. Sit with it for a few moments and continue down your body.

Where does it shift?

What does it shift into?

Are there any insights that you gather around this?