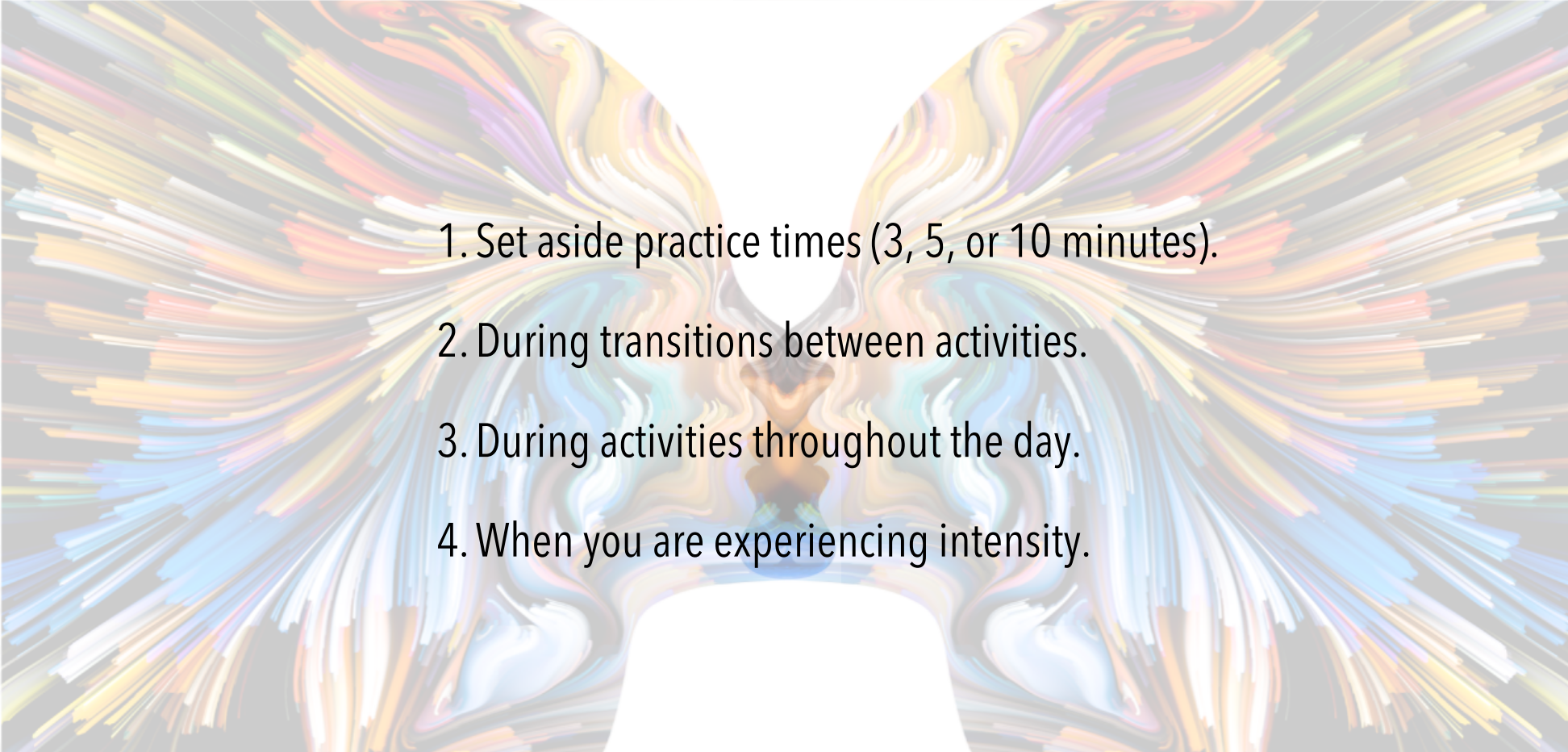
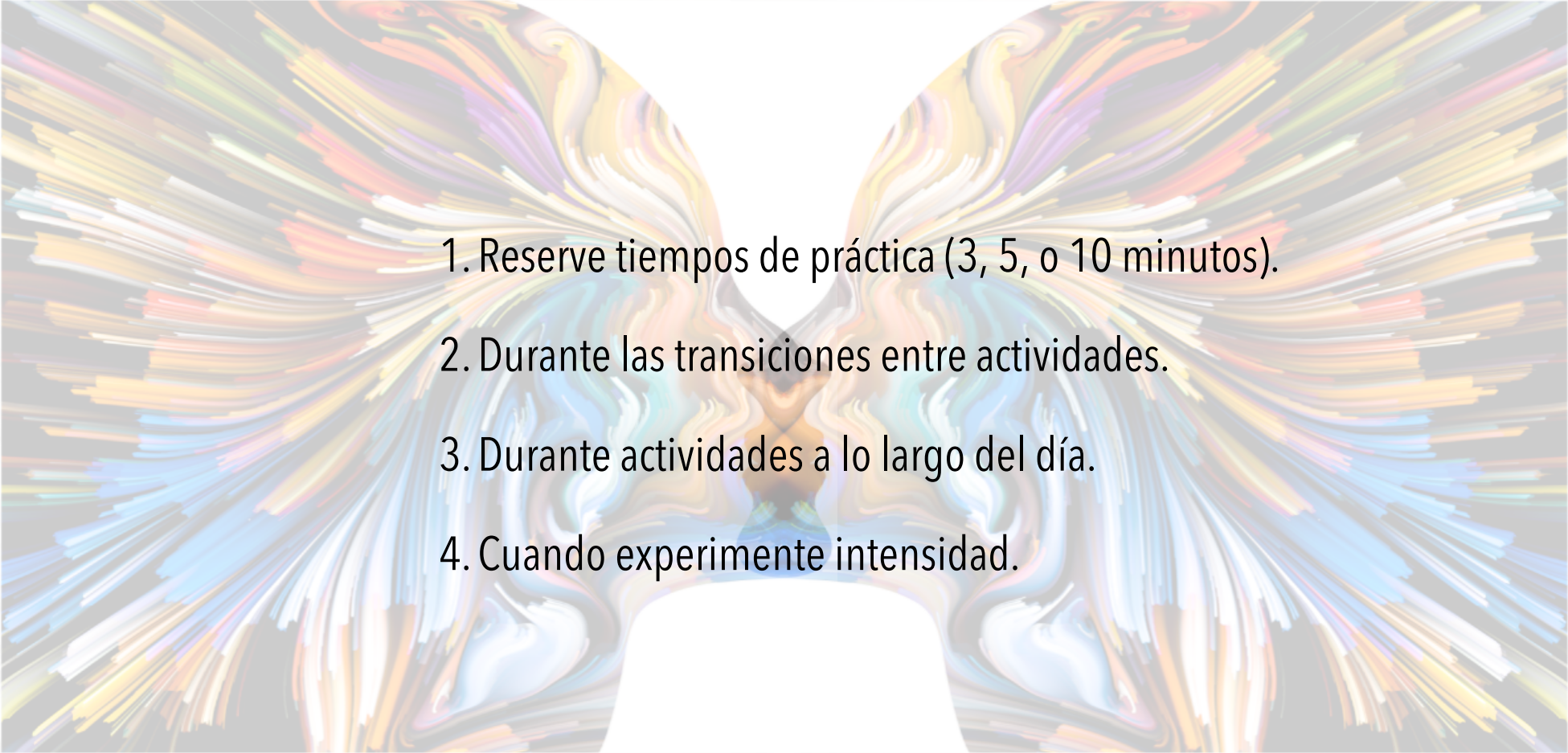


# Self-Connection Practice

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1. Set aside practice times (3, 5, or 10 minutes).
  2. During transitions between activities.
  3. During activities throughout the day.
  4. When you are experiencing intensity.

# Practica de auto conexion

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1. Reserve tiempos de práctica (3, 5, o 10 minutos).
  2. Durante las transiciones entre actividades.
  3. Durante actividades a lo largo del día.
  4. Cuando experimente intensidad.