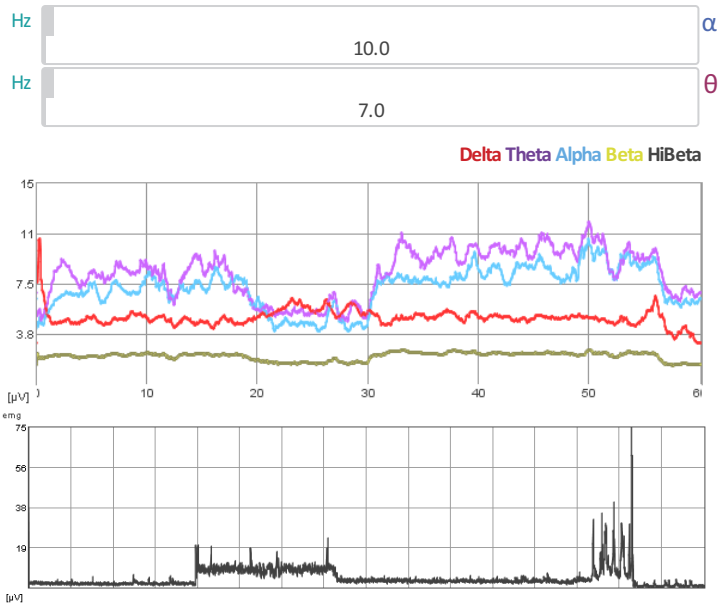
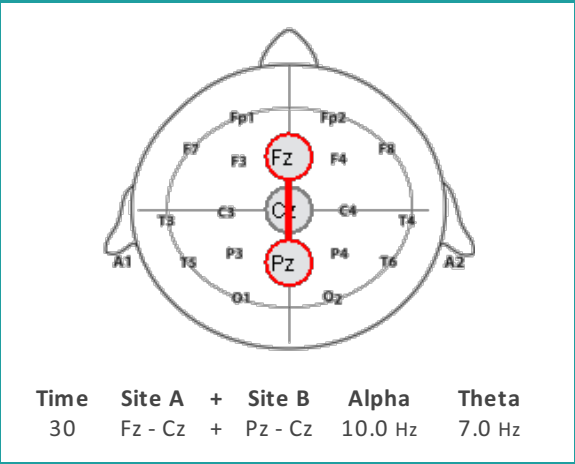


12
Tuesday - March 19, 2019
06:27 PM
Session 48
2 Channel Alpha Theta
Moir



Will try all the feedback options. Volume 15, Bear 60



Report
Slept well. Woke up at 4:30. Alert, focused and relaxed are all okay.

Observation
Fz - Pz Alpha 10 Theta 7 60 mins. Awesome meditation, energy flowing salivating and yawning.

Plan
Continue based on integration report.