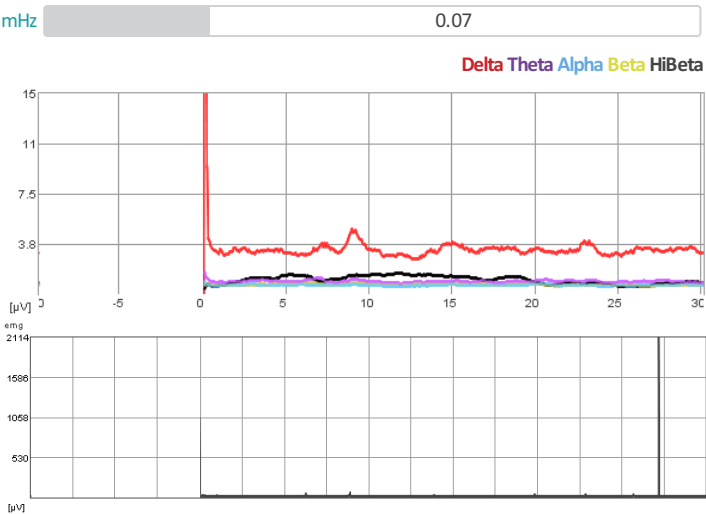
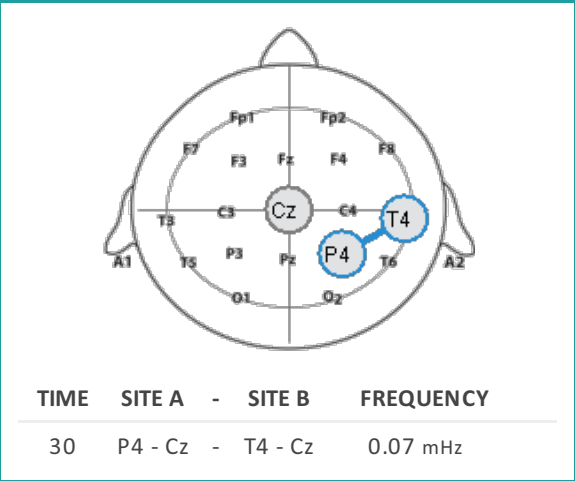


5
Sunday - January 27, 2019
12:36 PM
Session 4
2 Channel ILF HD
Deb



Dreamscapes
Wilderness walk



Report
Feeling alert and energetic. Focused and ready to go.

Observation
P4-T4 at 0.07 for 10 minutes - Feeling focused and enjoying it. "This is the best." At 20 minutes, continues to feel alert, happy and interested in the training.

Plan
Add T3-T4 for 15 minutes at 0.07 if integration good.