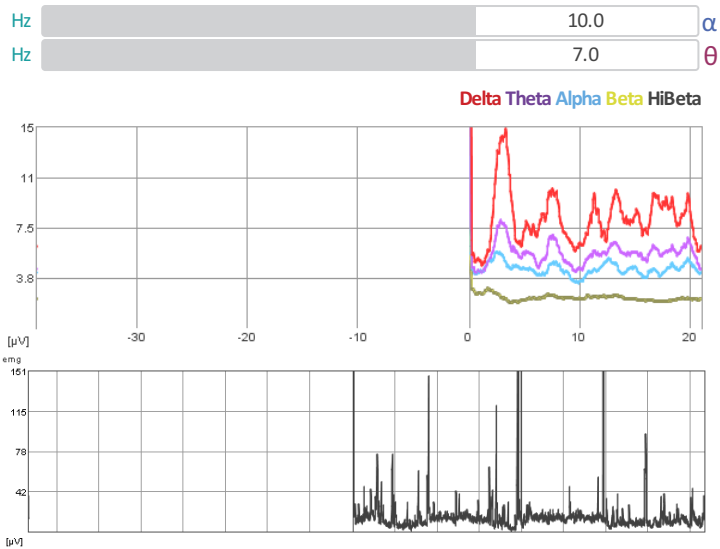
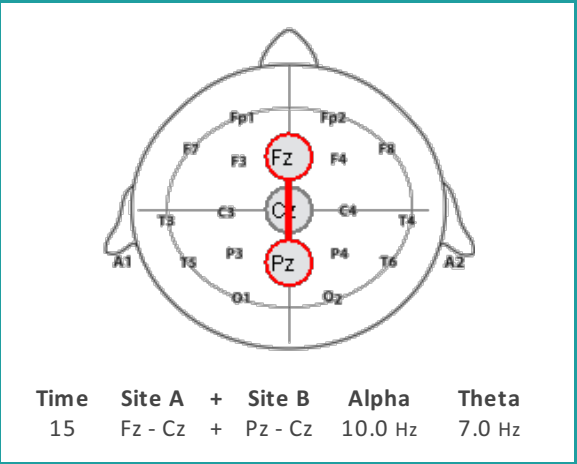


3658
Thursday - March 14, 2019
07:27 PM
Session 41
2 Channel Alpha Theta
Myself



Volume 9, Bear 30%, Get comfy chair



Report
Slept okay. Alert okay, focused okay, relaxed a bit.

Observation
Feel great, much calmer and brighter, more relaxed.

Plan
Get comfy chair, try all the feedbacks. Do 30' next time.