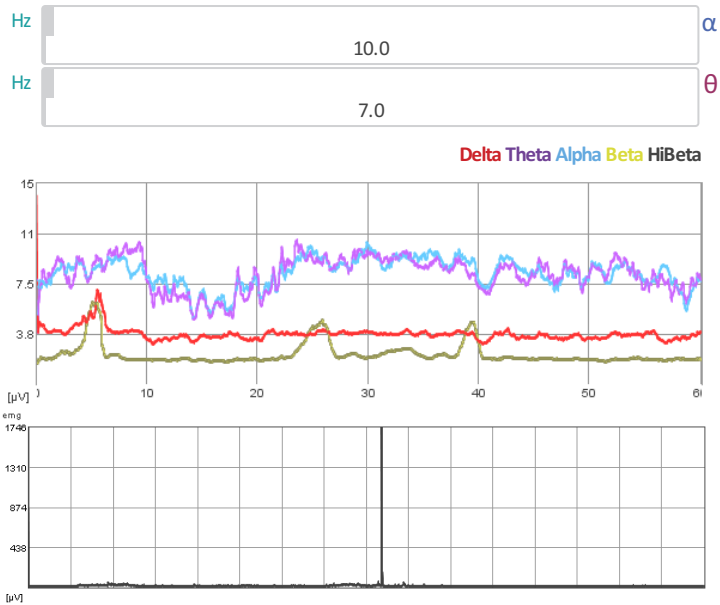
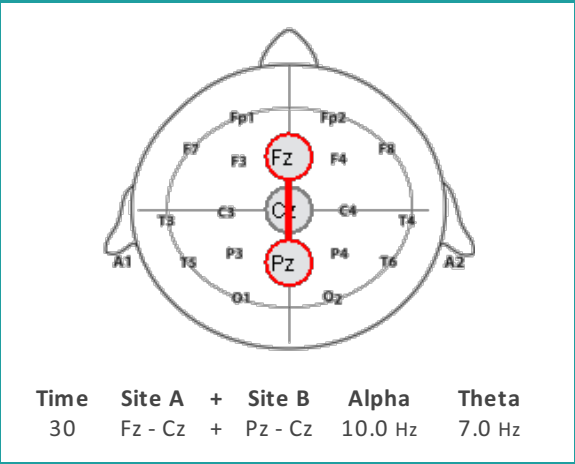


12
Sunday - March 24, 2019
01:33 PM
Session 53
2 Channel Alpha Theta
Moir



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



Report
Slept well. Woke up at 5:30 or 2:00 depending on how you look at it. Woke up pretty happy. Feeling still.

Observation
Fz - Pz Alpha 10 Theta 7 60 mins. Peaceful, calm, happy.

Plan
Continue based on integration report.