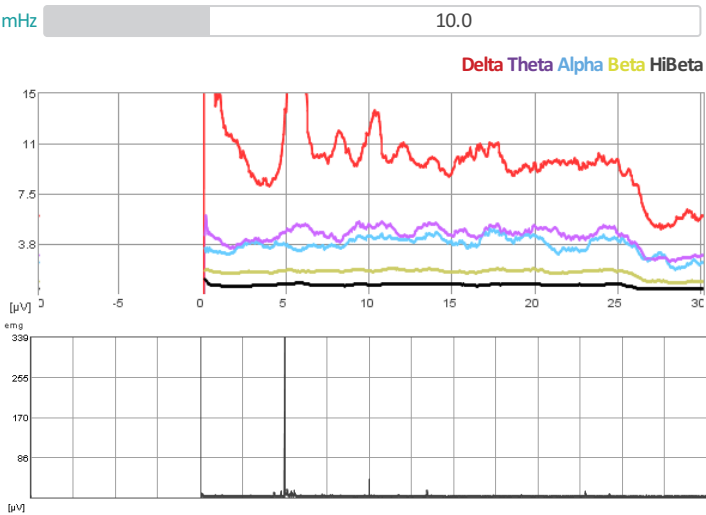
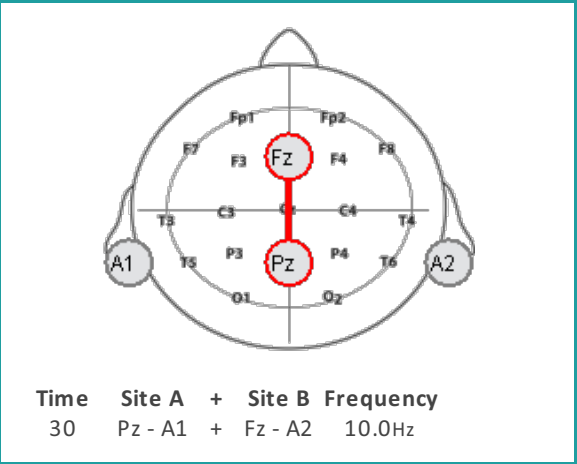


12  
Monday - February 11, 2019  
06:01 PM  
Session 21  
2 Channel Synchrony  
Moira



Temple in Lao



**Report**  
Slept better than before training. Slept until 6:30. Alert, focused and relaxed.

**Observation**  
Pz - Fz 10 at 5 mins great.  
Pz - Fz 10 at 30 mins interesting. Got dozy intermittently throughout the training.

**Plan**  
To continue with Synchrony depending on integration report