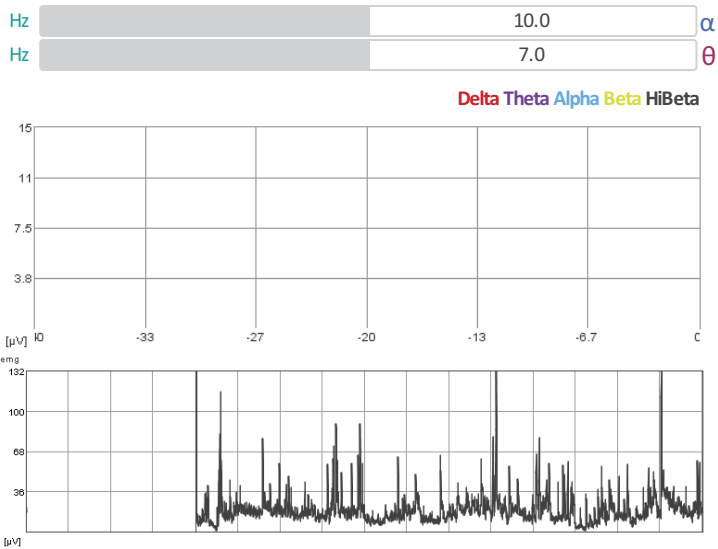
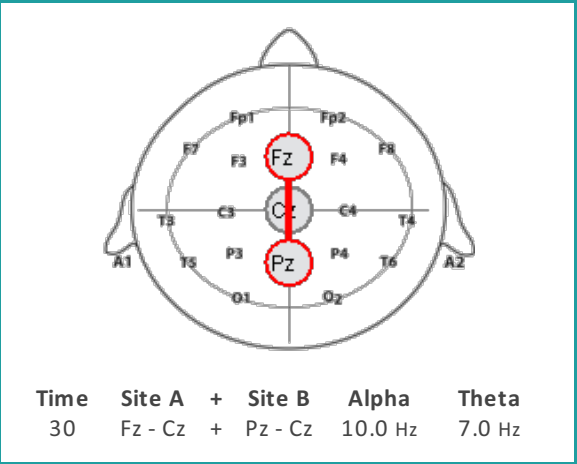


3658
Saturday - March 30, 2019
08:40 AM
Session 55
2 Channel Alpha Theta
Myself



Volume 9, Bear 30%, Get comfy chair, eye mask



Report
Slept well. Woke at 8:00.

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

Plan
Continue based on integration report