

12 Friday - March 22, 2019 06:48 PM Session 52 2 Channel Alpha Theta Moira

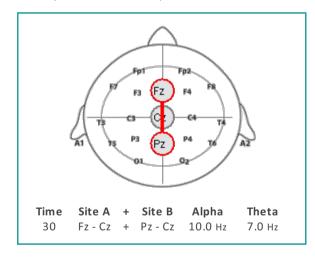


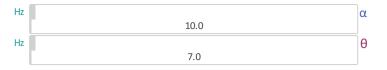


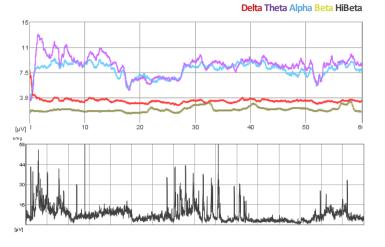




Will try all the feedback options. Volume 15, Bear 60







Report

Slept well. Woke up at 4:40. Alertness, focused and good all day. Had nap in afternoon. Felt great all morning after training.

Observation

Fz - Pz Alpha 10 Theta 7 60 mins. feel like coming out of a deep meditation feeling.

Plan

Continue based on integration report.