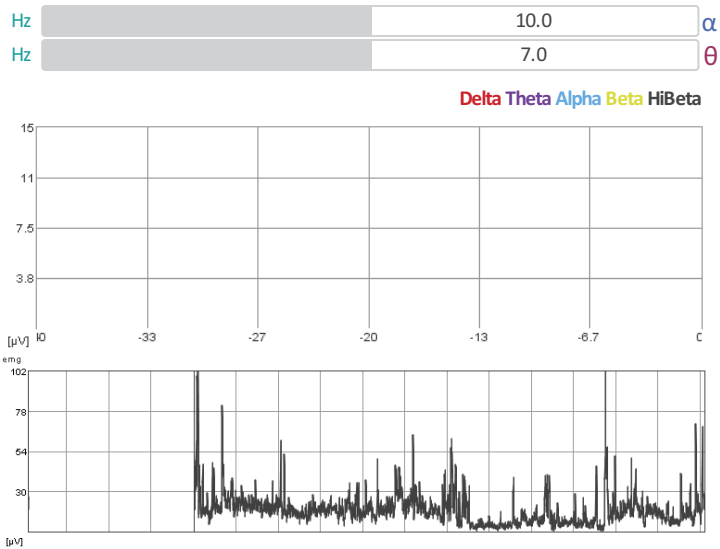
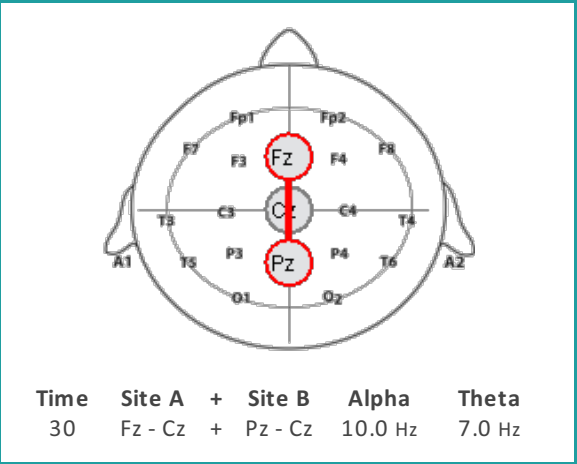


3658
Sunday - March 31, 2019
08:27 AM
Session 56
2 Channel Alpha Theta
Myself



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



Report
Slept well. Woke up at 8:10. Alert, focused and relaxed are all okay

Observation
Fz - Pz Alpha 10 Theta 7 30 mins. Oneness.

Plan
Continue based on integration report.