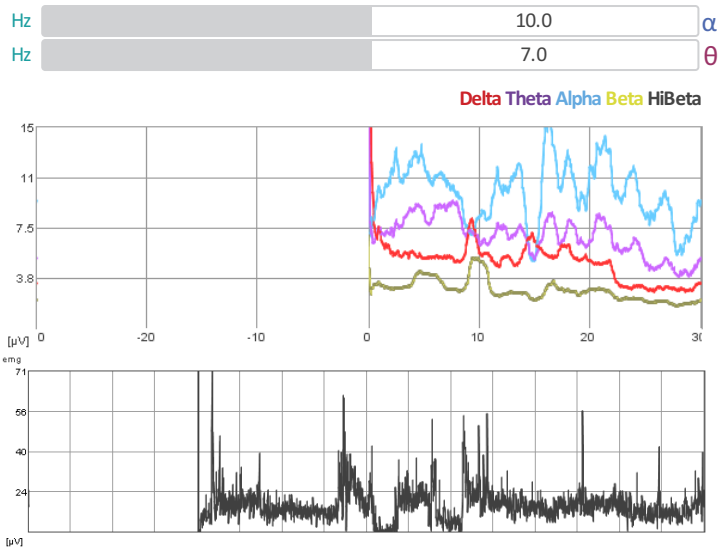
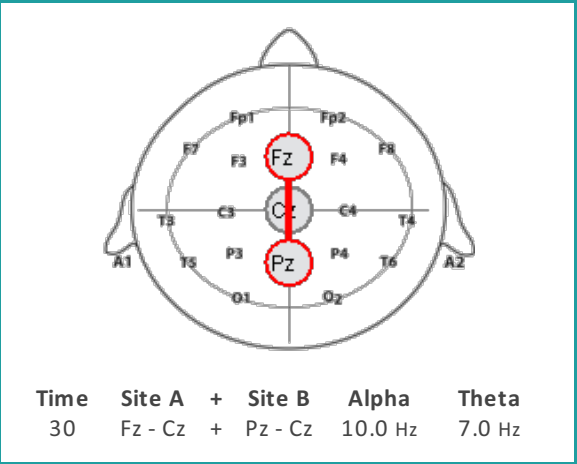


3658
Thursday - March 28, 2019
03:08 PM
Session 53
2 Channel Alpha Theta
Myself



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



Report
Slept well. Busy day in Toronto yesterday.
Home late.

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

Plan
Continue based on integration report.