

<b>Vision Quest An Ay a Day 2022 ~ morning &amp; evening. (<a href="http://www.anayaday.org/">http://www.anayaday.org/</a>)</b>		
Sat, 1, Jan. 2022	Esalen #12 (audio tapes #13)	Reeducation of the Eyes
Sun, 2, Jan. 2022	AY#2	Seeing the heels
Mon, 3, Jan. 2022	AY#7	Seeing the heels while lying on the stomach
Tue, 4, Jan. 2022	AY#10	Covering the eyes
Wed, 5, Jan. 2022	AY#15	Eyes I
Thu, 6, Jan. 2022	AY#25	On the Cheek
Fri, 7, Jan. 2022	AY#26	Pearls and Eyes
Sat, 8, Jan. 2022	AY#34	Foot on the head
Sun, 9, Jan. 2022	AY#41	Basic bending
Mon, 10, Jan. 2022	AY#54	Differentiation of the eyes, head, and back in twisting movements
Tue, 11, Jan. 2022	AY#57	Lifting the head on all fours
Wed, 12, Jan. 2022	AY#165	The eyeball lesson
Thu, 13, Jan. 2022	AY#216	Lifting the head at the hands in a "V"
Fri, 14, Jan. 2022	AY#217	On the side, the Sternum becoming flexible
Sat, 15, Jan. 2022	AY#266	Crossing the knees and coordinated eye movements
Sun, 16, Jan. 2022	AY#296	Relaxing the muscles of the throat
Mon, 17, Jan. 2022	AY#397	Lifting up on the hands
Tue, 18, Jan. 2022	AY#398	Continuation
Wed, 19, Jan. 2022	AY#420	In sitting, twisting with the eyes
Thu, 20, Jan. 2022	AY#453	Eyes and line
Fri, 21, Jan. 2022	AY#525	Lifting the head and eyes
Sat, 22, Jan. 2022	Esalen #32 (audio tapes #34)	Eye Exercises (Elementary Eye Training)
<b>Vision Quest 2022 ~ Evening</b>		
Sat, 1. Jan 2022	Esalen #32	Eye Exercises
Sun, 2. Jan 2022	AY#525	Lifting the head and eyes
Mon, 3. Jan 2022	AY#453	Eyes and line
Tue, 4. Jan 2022	AY#420	In sitting, twisting with the eyes
Wed, 5. Jan 2022	AY#398	Continuation
Thu, 6. Jan 2022	AY#397	Lifting up on the hands
Fri, 7. Jan 2022	AY#296	Relaxing the muscles of the throat
Sat, 8. Jan 2022	AY#266	Crossing the knees and coordinated eye movements
Sun, 9. Jan 2022	AY#217	On the side, the Sternum becoming flexible
Mon, 10. Jan 2022	AY#216	Lifting the head at the hands in a "V"
Tue, 11. Jan 2022	AY#165	The eyeball lesson
Wed, 12. Jan 2022	AY#57	Lifting the head on all fours.
Thu, 13. Jan 2022	AY#54	Differentiation of the eyes, head, and back in twisting movements
Fri, 14. Jan 2022	AY#41	Basic bending
Sat, 15. Jan 2022	AY#34	Foot on the head
Sun, 16. Jan 2022	AY#26	Pearls and Eyes
Mon, 17. Jan 2022	AY#25	On the Cheek
Tue, 18. Jan 2022	AY#15	Eyes I
Wed, 19. Jan 2022	AY#10	Covering the eyes

Thu, 20. Jan 2022	AY#7	Seeing the heels while lying on the stomach
Fri, 21. Jan 2022	AY#2	Seeing the heels
Sat, 22. Jan 2022	Esalen #12	Reeducation of the Eyes