



## Movement Meditation Practice

Enjoy the subtle, yet profoundly uplifted shift in your mood, energy level and outlook that results from simply connecting with yourself in this way for a few minutes during your day.

### Step 1

Put on your absolute favorite music wherever you are in your car, at your office, or in your kitchen.

### Step 2

Stretch, leap, hop, twirl, bop, pop, jump, twist, sway – let go – and allow your body to enjoy, your mind to go on vacation, and your spirit to soar!