

## Radiant Movement Harmonizing Body, Mind , and Soul

Our Radiant Movement program is designed to help individuals cultivate harmonious relationship with their body, mind and soul through joyful and mindful movement practices. By integrating physical activity with mindfulness and self-compassion, participants will discover the transformative power of movement as a pathway to holistic well-being.

Course content includes:

1. Body Acceptance and self-love: Embrace diversity and challenge Societal beauty standards by fostering self-acceptance, self-love, and body positivity.
2. Inclusive Movement practices; Explore a variety of accessible, Inclusive and adaptive movement practices, such as gentle yoga, dance, and walking meditation.
3. Mindful movement: Learn to integrate mindfulness into your movement practice cultivating present-moment awareness, focus and gratitude.
4. Energy and Vitality: Discover how movement can support energy balance, vitality and overall wellness, as improve sleep and mood.
5. Movement and Emotional Well- Being: Understand the link between physical activity and emotional health , using movement as a tool for stress reduction, emotional regulation and self-expression.
6. Creating sustainable Movement practice: Develop personalized strategies for incorporating movement into your daily routine, overcoming barriers, and staying motivated.

The Radiant Movement program empowers individuals to connect with their body's wisdom, experience the joy of movement, and create a sustainable and fulfilling practice that nourishes their whole being.