CREATE MORE SELF-LOVE

Hello! My name is Bethany and I am happy that you will be joining us for some creative fun. I am excited to share my video series with you. We will explore how we can build our self-esteem and confidence through body movement. We are going to do some dancing, but don’t worry! You don’t need any experience, I’ll walk you through some basic and fun steps. I can’t wait to get moving with you!

Project 1: Release your inner power
In this first Self-Love workshop, we'll celebrate our inner power through dance.

Project 2: Time to shine
Let go of worry and let your confidence shine in this quick dance exercise.

Project 3: Take a mind break
In this video we'll give our minds a rest and get our bodies moving.

Project 4: Move on from worry
Get your dance on in this 12-minute movement break from worry.
Project 5: Boost your self-esteem

Take a movement break and learn how to use positive affirmations to boost self-esteem.

Project 6: Move to your own groove

Express your creativity through dance!

Project 7: Courageous you

Life is hard and we must be courageous every day. In this movement exercise we'll take a few minutes to reflect on our moments of courage.

Project 8: Celebrate yourself!

Take pride and joy in your awesomeness from head to toe in this quick dance celebration of you!