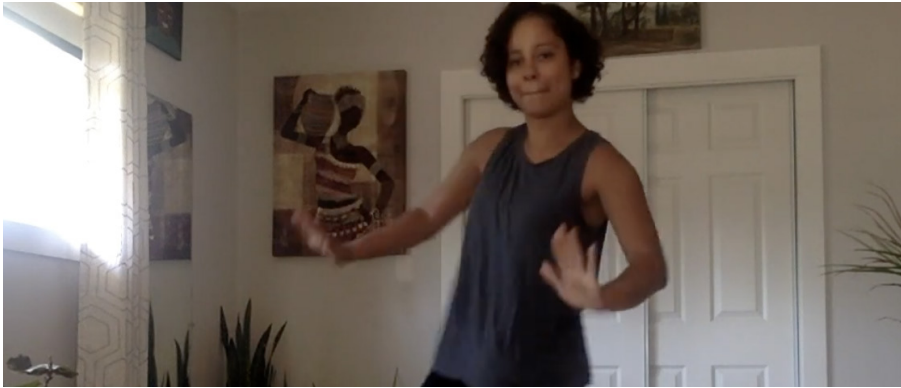


CREATE MORE SELF-LOVE

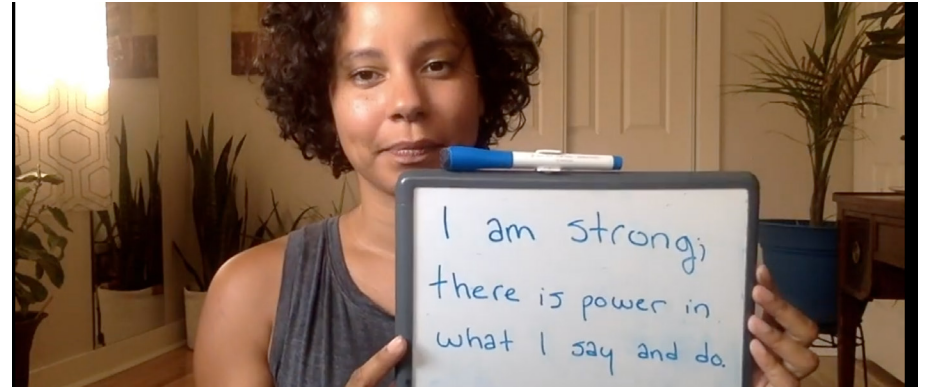
Hello! My name is Bethany and I am happy that you will be joining us for some creative fun. I am excited to share my video series with you. We will explore how we can build our self-esteem and confidence through body movement. We are going to do some dancing, but don't worry! You don't need any experience,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



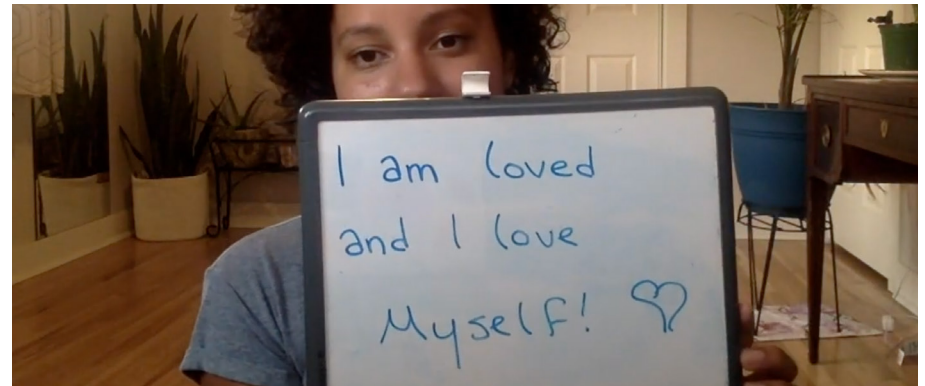
Let go of worry and let your confidence shine in this quick dance exercise.

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 7: Courageous you



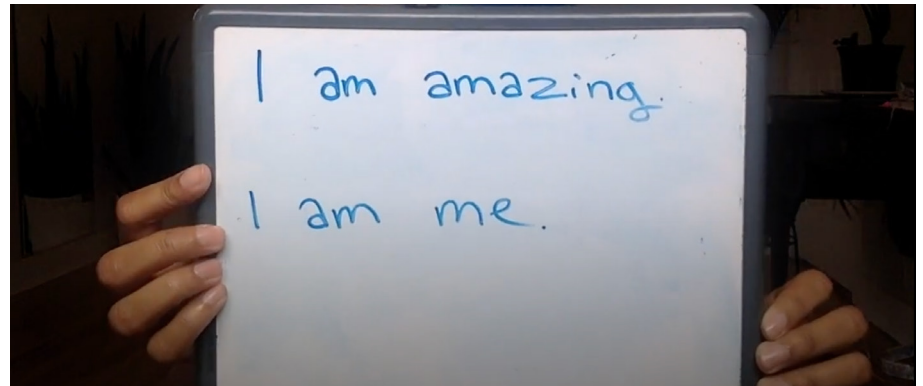
Life is hard and we must be courageous every day. In this movement exercise we'll take a few minutes to reflect on our moments of courage.

Project 6: Move to your own groove



Express your creativity through dance!

Project 8: Celebrate yourself!



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