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Hello everyone, and welcome to the bonus video. In this session, we are going to dance, and dance, for me, is this beautiful intersection of personal expression and collective celebration. What that means is today, we're going to work with what it is to listen to music, to allow that music to wash over you, to allow that music to wash into you, and find a groove, that groove that has no form, no step, just the sensation that we are in relation to music. Music is medicine, and when we move with music, we are healing. We're going to take that groove, we're going to learn a couple of simple steps. It's a great way to practice coordination. It's a beautiful way to work on our cognition.

And just know that it's not about getting the step right. Just the practice of learning a step helps us with neuroplasticity, makes us smarter. Really, it's a beautiful way to embrace a simple challenge. At the end, we're going to take that choreography, we're going to let it dissolve into our tissues, and then we're just going to use dance as a way to have a conversation, me with you, you with me, all together. I invite you to put on some fun, colorful clothes, put on a hat, on a Jamiroquai, find a space that feels good for you, that feels safe, and a place that you can be silly, and playful, and expressive. Let's get it.

Coming onto our feet, I have a chair here. I will show different options that you can also do in the chair, you can also do lying down. There's no wrong way to dance. DJ, bring the music. This music is from a genre called house music, house music coming from Chicago and New York in the United States. At its essence, it is about bringing people together and helping people connect. Let that music wash over you like a shower, wash away anything we don't need for our session today. Ah, just breathe in that music, and as we breathe in that music, connect back to this idea of potent posture, rooting into the ground, inviting the earth up into you, and just feeling this gentle sway, like a tree in the wind, our body in the breeze of the music, feeling connected to the feet, sitting down, connected through the hips, just this gentle sway, left and right, front and back.

Get on the ground, your spine connected to the earth, seeing the clouds. Just feeling this connection to the ground, to the space, to the music, all at the same time. Ah, and as we're moving around, left and right, front and back, just start to give your hips a little wiggle. Wag that tail behind you. If our pelvis is free, our dance will be free. Just swinging the pelvis, opening the heart, the arms, letting ourselves be silly. And we're going to take this potent posture, this gentle pelvic sway, and we're just going to step. We're just going to go for a walk,

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left and right, a walk to nowhere. If you're sitting down, same idea. Just walking, feeling the integration of the arms, the legs, the breath, the music. If we're walking with a beat, we're dancing.

From this place of groove, from this place of walking, we're going to add a step. We're going to add a step across the body. It's like we're walking on a diagonal, and then we walk back. Going to start nice and slow, goes like this, step, back, step, back. I'm crossing diagonal, back home, cross, home, cross, home. A little faster, here we go, step, back, step. When you increase the speed, you can make the movement a little smaller. Hands and feet connected, walking forward, back, forward, back. Last couple, and back to our feet, our groove, our potent posture, wagging that tail.

Now, we're going to take the same idea, crossing over the body, but we're going to cross to the back. Again, these steps are not about getting them right the first time. It's just about what it's like to experience moving our body in different ways. Here we go, five, six, seven, eight, back, home, other side, back, home, back, home, back, a couple more times, slow, one more time. A little faster, here we go, step, home, step, home, step, home, step, home. Kissing the earth with a foot. Last two, last one, and come back to the feet, and groove in formlessness, enjoying the music.

We're going to learn one last step. It's a box step, taking two steps forward, two steps back, slow. We have step, forward, and back, stepping on the four corners, up, back, moving our pelvis in the space, up, up, back. One more time, slow, up, hands supporting the feet. A little faster, a little smaller, up, up, back, one more, and groove it out.

Now, we're going to put all these steps together. Remember the one in the front, to the back, the box step. Here we go, crossing over. Cross, cross, back, back, box step. Groove it out, five, again, from the top. And cross, over, cross, over, back, over, box step coming up, four beats, groove it out, four, three, two, from the top again. Cross, back, cross, back, back, coming up, up, up, four beats, wag the tail. Last time, from the top, and surfing that music, surfing that wave, coming forwards, coming back, and shake it out. Give yourself credit for doing something challenging.

Now, we're going to take those steps, like I mentioned in the beginning, dissolve them away, and we're going to bring them into conversation. How we're going to do this, we're going to

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start at the back and we're going to come towards each other, just walking, bringing the space together, bringing the heart energy close. Then we're going to open the space, walking backwards, giving each other space. We're going to have this interaction, this conversation, through walking, through the music, this really nice ebb and flow. So, opening a space, we're going to walk towards each other. Five, six, seven, just walk, and walk back. Again, come on, saying hi, high five, and saying bye, opening the space. Again, coming up, gathering the energy, opening the energy, just walking, opening up.

And as we continue to do this, we can start to fold in our own little expressions of uniqueness, opening the space, continuing to come together, opening up, coming together, opening up, making our body circular, opening up. A couple more times, having a conversation, opening up. The wind is with us, opening up. Letting out whatever needs to release, sharing your own story with the space, with each other, and let that movement open into your whole space. Relax a couple moments, into the earth, into the sky. And bring that energy all the way back.

Ah, finding the arrival back to the potent posture, feeling the echo of that movement, and that dance, and that music, giving yourself credit for showing up, being present, and sharing your truth. I invite you to come back to this video as many times as you want. Know that every time you come back, you are in a new body. You're experiencing it with a beginner's mind, so every time you come back, there's something to learn. There's a new way to make that step a little easier. There's a new way to find another depth of your expression. And always remember, I'll be here to dance with you. Thank you all for dancing with me. Finish with a nice little clap, a big applause to all of you. Three, two, one.