

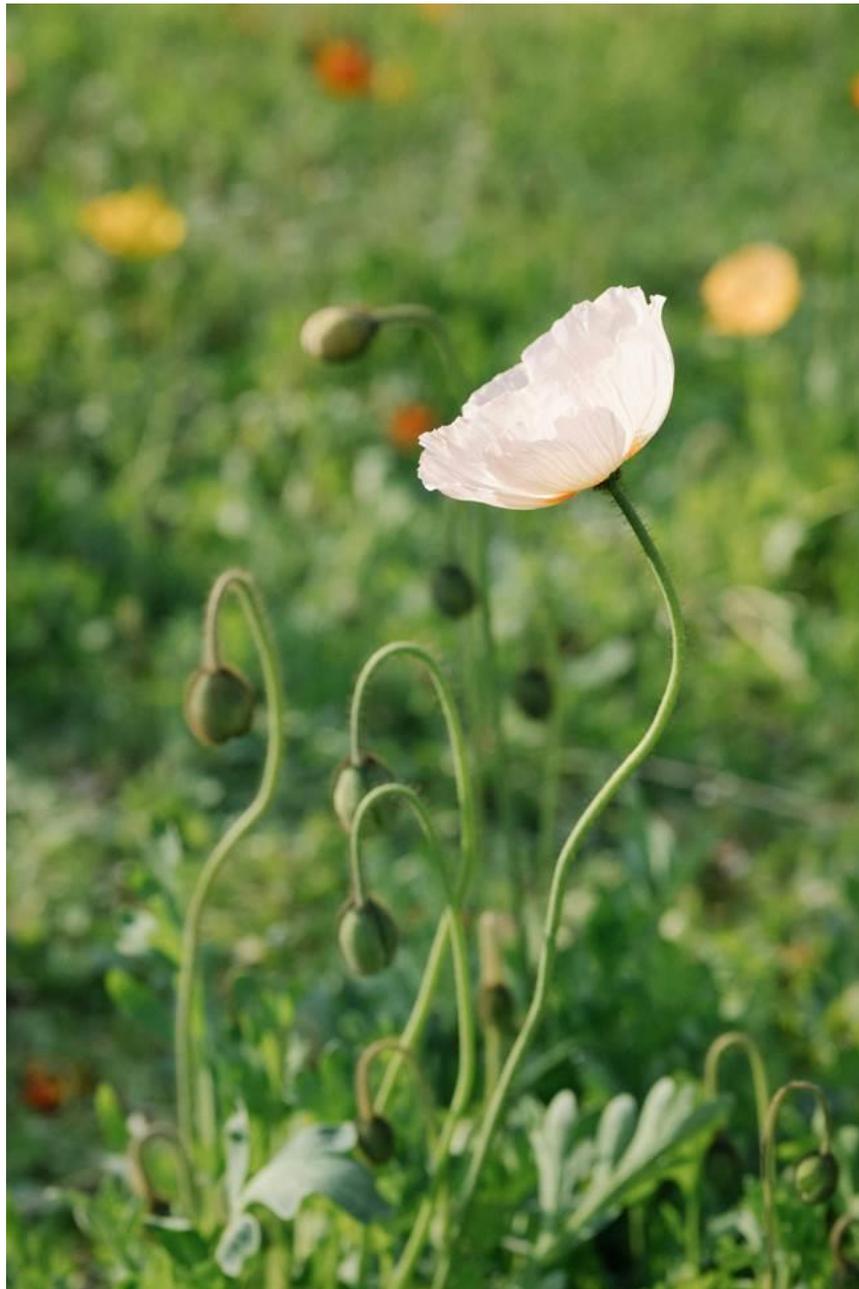
More for You *weekly blog*

Week of March 10th

The strength of the March sun is waking things up, you can hear it in choruses of birds and feel it in the longer arc of the day. The sun is loosening up the grip of a powerful winter.

It's a wonderful time in the season to feel that loosening in our own movements... noticing those places where tightness is a habit and letting go with a long outbreath of the habit, letting each breath carry movement through the body like a wave.

Here's a set of music for our class time, and any time you'd like to ride some soft waves of sound during the week... Enjoy! <https://youtu.be/HSpzvpzdSq4?si=IT3ErLMNUPnz3Y5P>



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