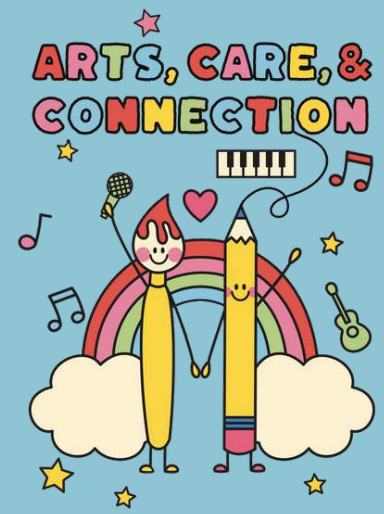


Artist Led WARM-UPS SMALL / QUIET MOVEMENTS



- ♥ Body, Voice & Focus with Eri Zinke
- ♥ Butterfly Movement with Jill Giedt
- ♥ Copy My Face with Tony Fuemmeler
- ♥ Move & Feel Like A Turtle with Valentina Ortiz
- ♥ One Spot Body Warm Up with Christiana Zollner
- ♥ Silent Mirroring in Pairs with Rikki Jo Hickey
- ♥ Silent Snapshot with Red Yarn



Find the complete video lesson from each art
in English and Spanish at

www.ArtsCareAndConnection.org