













SCHOOL OF ECSTATIC MOVEMENT

The 21 day challenge Instructions

	Buy the Music ~ schoolofecstaticmovement.com/product/ecstasy-cd-music-download/
	Download the Music To Your PC or Mac
	Make a note of the date in your diary ~ start date and end date
	Keep a daily diary, if you feel to, about anything you notice
	Shake 10 mins everyday ~ Instructions AWAKENING LIFE FORCE
	Dance 10 mins everyday ~ Breath of Fire and Dance Instructions LET GO
	Stillness 10 mins everyday ~ Instructions STILLNESS
	In need of tech support ~ Email Kate Here
	Join and share in the Facebook group ~ Click Here
	Experience the benefits of Ecstatic Awakening Dance™

