



SCHOOL OF ECSTATIC MOVEMENT

The 21 day shake challenge Instructions

- **Pay your subscription [here](#)**
- Add the zoom room details to your calendar.
- Make sure you are on time or early everyday
- Keep a daily diary, if you feel to, about anything you notice
- Wear comfortable clothes and find a place to Shake where you will not be disturbed.(hopefully!)
- Opening invocation and warm up 7 minutes
- Shake 15 minutes
- Closing circle round 7 minutes.
- **Follow us on instagram [here](#)**
- Experience some of the benefits of Ecstatic Awakening Dance™

www.schoolofecstaticmovement.com