



WE MOVE  
STILL

formerly Critical Mass Dance Company

# 7 Steps of Dance From The Heart

envision



Envision your heartfelt intention

**What are you calling in to your life and world?**

ground



Ground in your body and the earth below for presence

**Movement of Down | Element of Earth**

connect



Connect to your spirit and sky above

**Movement of Up | Element of Ether/Chi/Life**

release



Release anything that no longer serves you and tune into your power

**Movement of Out | Element of Fire**

fill



Fill yourself up with love and all that supports you and your intention

**Movement of In | Element of Water**

embody



Embody your intention, share it with the world

**Movement of Spiral | Element of Wind**

affirm



Affirm your intention

**What word or phrase is emerging to anchor and energize your intention?**