

Welcome!



- We will begin at 5:00 PM CDT
- The room will be locked at 5:15 PM CDT, meaning no one will be able to enter after that time.
- This workshop will be recorded for those who were unable to attend; however, only Lindsey's video will be recorded, no one else will be visible in the recording.
- You are welcome to keep your camera on or off anytime throughout the event.
- Everyone will be automatically muted and you will need permission to unmute yourself. This is to eliminate any unneeded background noise.
- At the end, Brenisen will stay for 5 minutes to chat, answer any questions, and hear from the participants.

Important Reminders

- You always have the option to play music or orient your space however you would like.
- You can have your lights on or off in your space.
- Option to have a pillow, blanket, socks, and/or a sweater nearby
- You are the expert of your own body and abilities. Many options and variations will be offered. Please choose the one that best honors you in that moment.
- We are all different. The goal is to not look exactly like the facilitator but to use their guidance to inform your movements and notice what you feel within your own body.
- You are appreciated! Thank you for being here!

