Words- like movement- have the power to change the way we think and live. Let it be a reminder of your present truth and help set the tone for the year ahead…………

Arrive here in your breath

The presence of your body

All is not right or wrong

The key to your growth

Is to keep showing up

Meet yourself in

The stillness

The sweat

The rhythm

The challenge

Lay your hand on your heart.

Feel the power in it.

The possibility in it.

It is through this space

Of connection

We bring our different strengths

Into the world

United by movement

Driven by feeling

Balanced in body

Empowered from within

~Danielle Doby