

Dance Alchemy

Reflection Journal

Take a few quiet minutes to write whatever comes up after your movement practice. There are no right or wrong answers—just your honest reflections. Let your writing flow naturally

1. What did you notice when you shifted your attention from your thoughts to your body?

2. Was there a moment when your mind began to quiet or your body felt more at ease?

3. What, if anything, did you discover or sense differently by the end of this movement?