





Chapters


for **Souldance** by Lucia Peters

Access

 [Chapter 1_ Inspiration](#)

 [Chapter 2_ Transformation](#)

 [Chapter 3_ Integration](#)

 [Chapter 4_ Expression](#)

 [Chapter 5_ Let go](#)

Theme

- gather impressions
- give birth to movement material
- feel your movement fully and make them memorable for yourself
- create a structure and share it with yourself and loved ones
- decide which path you want to continue with your movement routine

