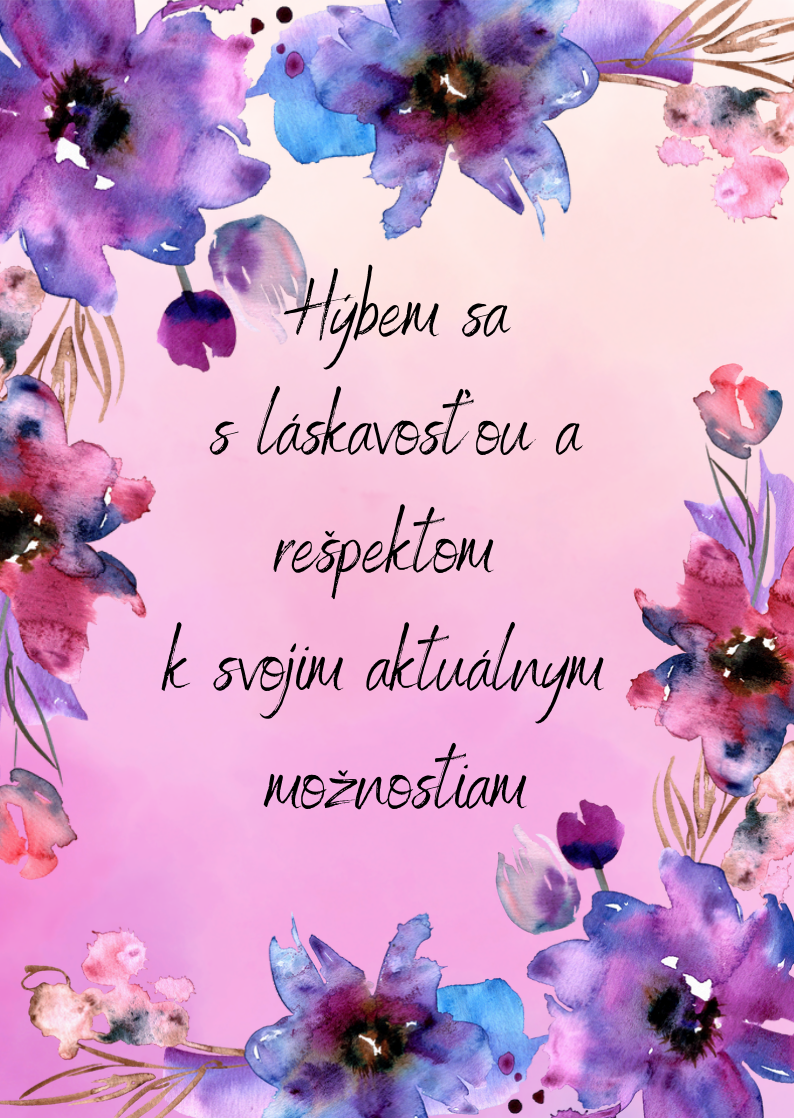


A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

Moje telo
sa hipe
s l'ahkost'ou

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

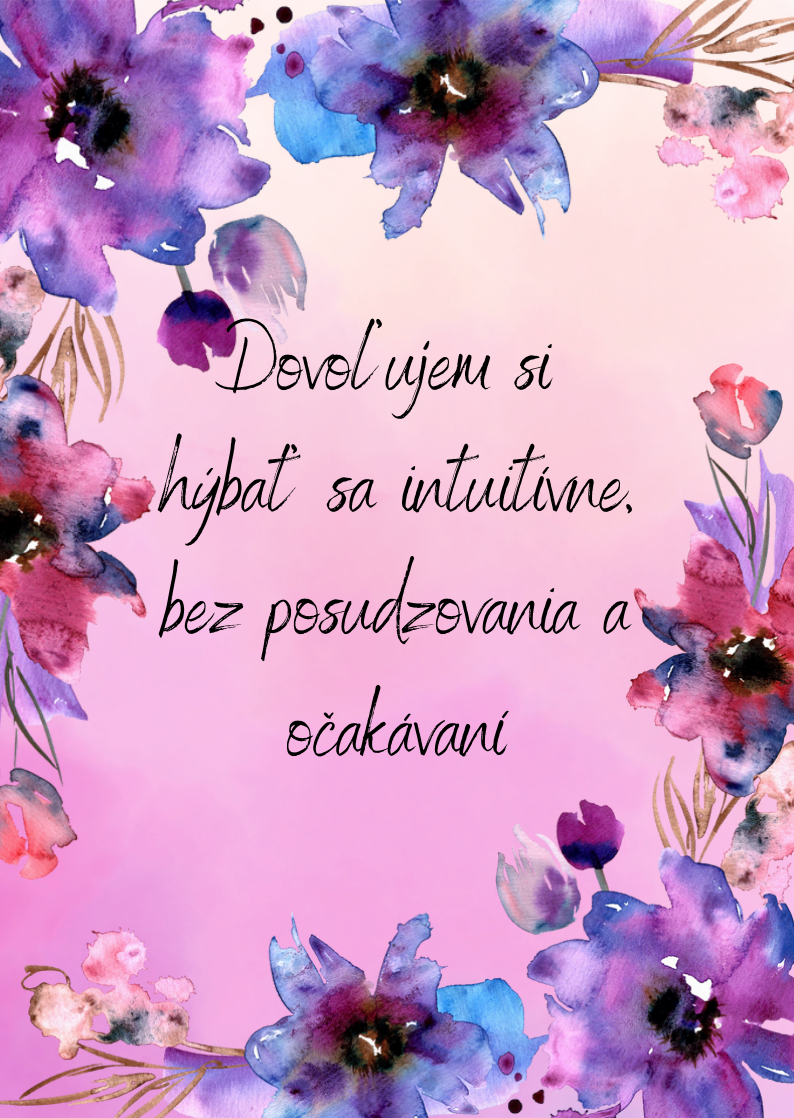
Citim,
ako pohybom
uvoľňujem stres
a napätie

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green stems and leaves, framing the central text.

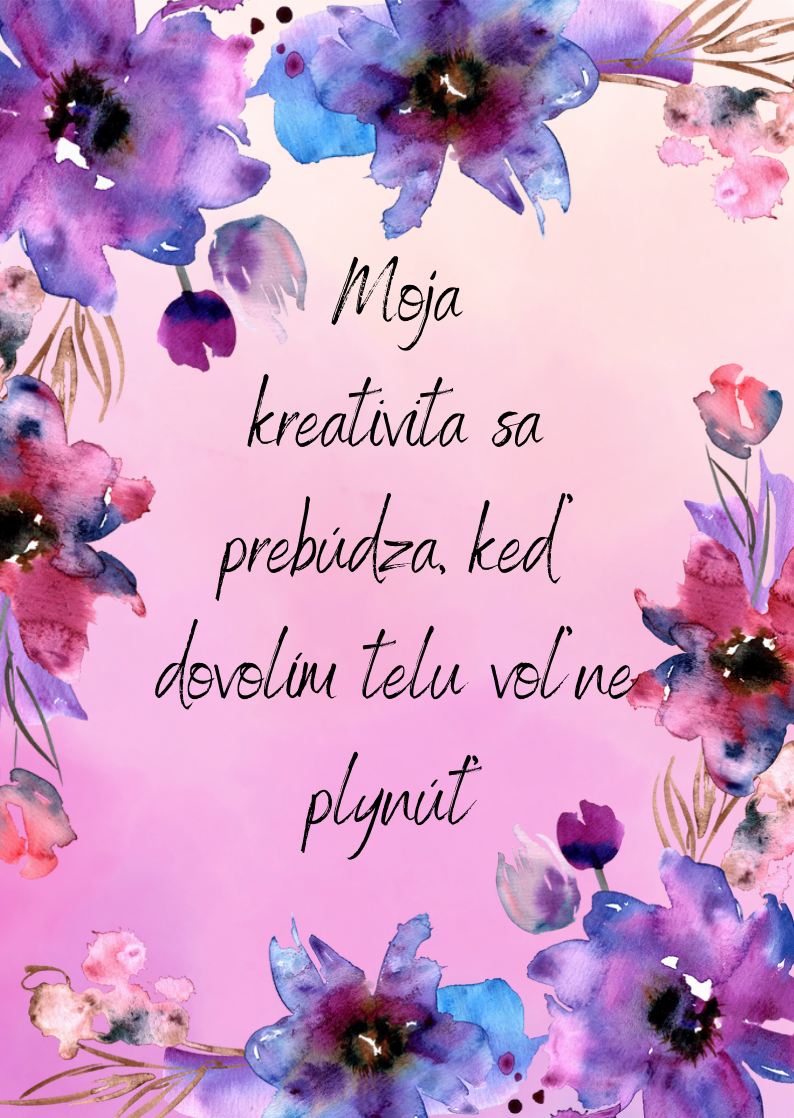
Hýben sa
s láskavosťou a
rešpektom
k svojim aktuálnym
možnostiam

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

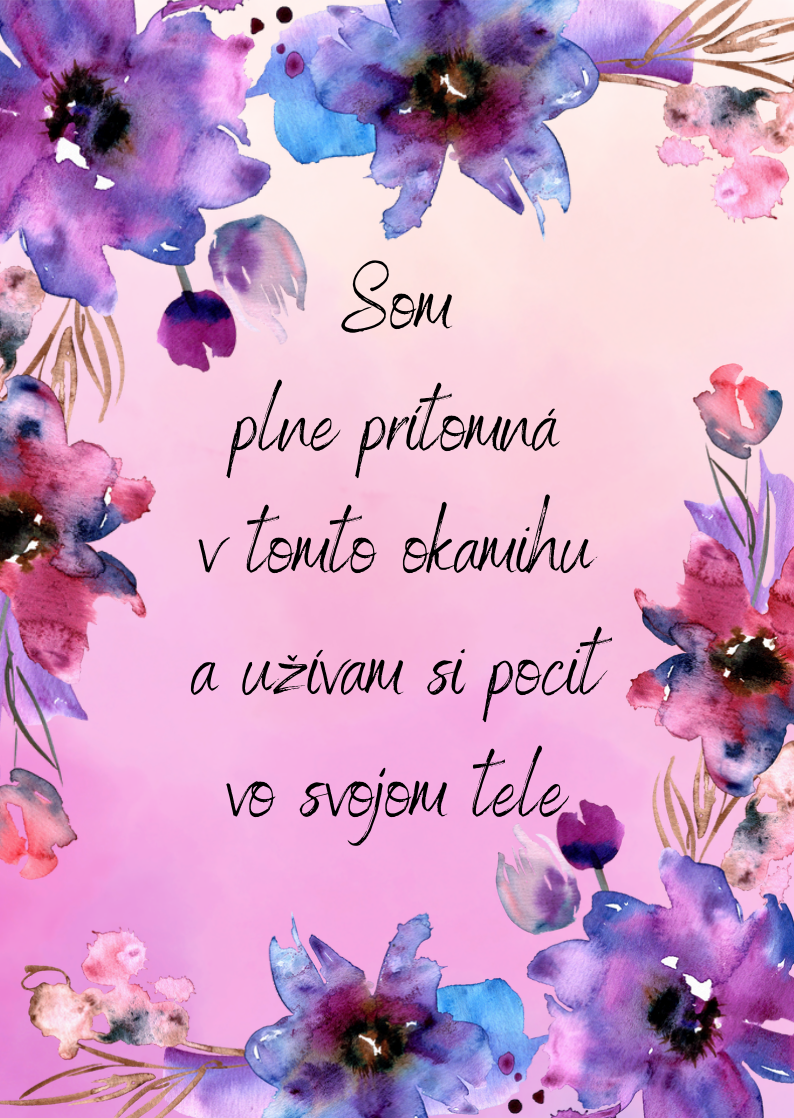
Pohyb
na vyživuje
a dodáva mi
energii

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

Dovol'ujem si
hýbať sa intuitívne,
bez posudzovania a
očakávaní

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

Moja
kreativita sa
prebúdzá, keď
dovolím telu voľne
plynúť

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

Som
plne prítomná
v tomto okamihu
a užívam si pocit
vo svojom tele

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

Dovolujem si
citiť radosť
v každom pohybe

A decorative border of watercolor flowers in shades of purple, blue, and pink, with green leaves and stems, framing the central text.

Pohybom
prebúdzam svoju
vnútornú iskru