

## Affirmations for movement

My movement is my own

I honour my rhythm

I will not judge myself or others

I am liberating myself through my movement

I navigate my emotions through my movement

My movement allows me to connect to myself in a creative way

Movement heals my body

I give myself permission to be free with my movement

My movement is a form of self-expression

I nourish my body and treat it with love

Movement supports my wellbeing

