

ALIGNED

Transformational Program With Rony Reingold

Ways To Express

- **Through your body** - dance, qi gong, yoga, walking, gestures, affection
- **Through your voice and sound** - audible exhales, sounding into a pillow, singing out loud in the shower or the car
- **Speaking your truth** - sharing what's real, standing up for what you believe in, sharing your view
- **Through art, music & creativity** - painting, drawing, journaling, collaging, playing music & singing, poetry reading, performing
- **Through what you wear** - dare to wear something you love, something vibrant or expressive
- **By opening up & sharing yourself authentically with others** - practicing vulnerability and really sharing yourself, tell your story and see how others reciprocate