

# *Move Through It*

*A gentle guide to use movement as medicine*

## *Why Move?*

Because your body keeps the score.

Because your grief lives in your shoulders.

Because your joy is buried somewhere in your hips.

Because your strength is in your core.

Because movement shakes loose what silence has stored.



*Motion is how you say:*

"I'm still here. I'm still healing.

I'm still becoming."



# *What Counts As Healing Movement?*

*It's not a workout. It's a release. Try:*

A 10-minute walk with no destination.

Swaying slowly to a song that says what words can't.

Stretching while breathing in 4... out 6.

Shaking it out—hands, legs, thoughts, all of it.

Dancing in your kitchen like no one's watching.

Because they're not!

## *A 5-Minute "Move Through It" Flow:*

Stand tall. Feel both feet on the ground.

Reach up. Stretch long. Breathe in.

Exhale forward. Let your body hang heavy.

Roll up slowly. One vertebra at a time.

Sway side to side. Let your arms move freely.

Place one hand on your heart.

Say aloud:

"I'm allowed to feel this. I'm allowed to let it move through me."



# *Final Reminder:*

You don't have to move  
mountains today.

Just move you.  
Even just an inch.

