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HERMOVES

JOIN THE HER MOVES TRIBE



THE HER MOVES ETHOS:

- ✓ Show up as you are, feeling comfortable and open to trying new activities.
- ✓ Freedom to move and move your way.
- ✓ Laugh hard and laugh often.
- ✓ Keep the relaxed, fun and supportive environment.
- ✓ A non-judgemental space.
- ✓ Celebrate moments of pride and one another.
- ✓ Leave the competition focus at home.
- ✓ A place where everyone is heard and encouraged.

Maybe we've forgotten something.
This space is for you and your group to add what's important for YOUR Her Moves Tribe

