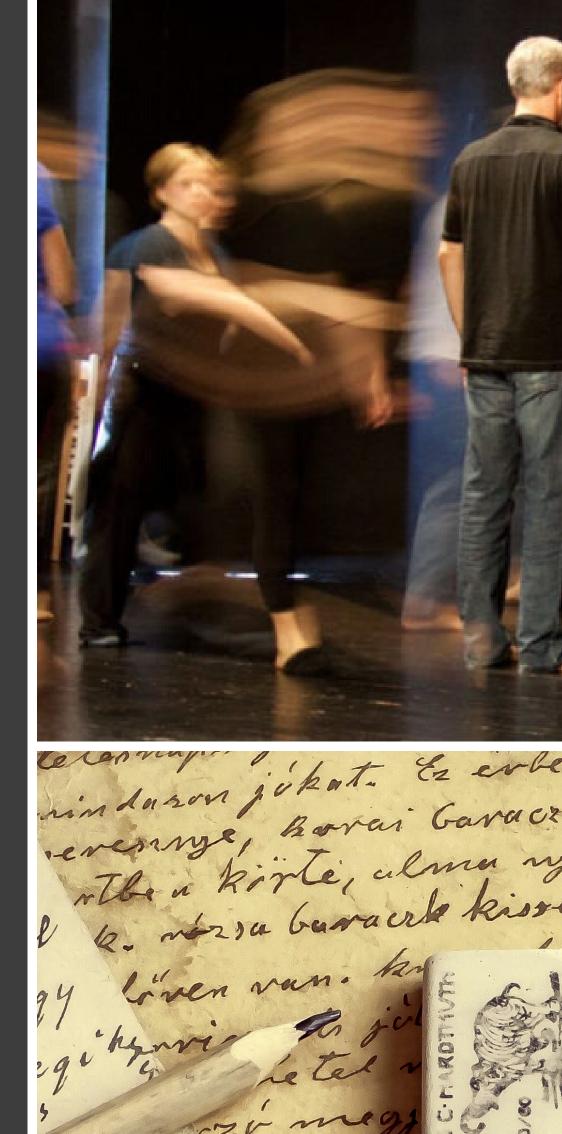
## DANCE COMPANY

## MOVEMENT TO CONTACT

## Prepare your space:

Before your online session we recommend that you take a few minutes to prepare your space.



Check your internet connection

Find a quiet space where you are not likely to be disturbed (if possible)

Enough room to stretch your arms out to the side

A chair nearby

Water

Loose comfortable clothing

