

Embodied Snacks Oula Fusion 3 Song Journey with Jamie Anesi

***(All Choreography by Kali Linder, founder of OULA
www.oulafitness.com)**

Re-dance any of these songs again and again anytime!

In this music and movement journey we are making room for the experience of PLAY and the “Inner Cheer.” Once again we will play with our social engagement part of our nervous systems, our ventral vagal connection by playing with sound, accessing our compassionate inner voice and playful movement. There will be a little more free dance in this one.

Adiemus (songs of sanctuary) by Karl Jenkins

This is all about connecting to the heart, the sky and the earth. Simple movements exploring these realms.

Doppelganger by Lissom, Julien Marchal & Ed Tullett

A change to feel lovely, to dive into your own beauty and grace. Believe that you are a dancer and you shall be.

“Oh, I will, I will
Oh, I will, I will”

Carry You by The Native Sibling

A chance to set the heart free to say to yourself, “I am here to carry you home.”

“All of the troubles that you push aside now
Are no longer your stories to tell
All of the words that never left your mouth
Are no longer what's holding you down
I'll carry you home”

Yellow Light by Of Monsters and Men

A chance to go inside as far or as little as you choose. We will be playing with the feeling of freedom. Tapping into the heart and letting the light out.

“Runnin' into the night
The earth is shaking and I see a light”

In The Beginning by K'naan

Time to PLAY and PLAY. We will drum and we will sing and we will skip and play.

Till one day he heard a voice call
Come come come!

Wild by Raylee

Oh yeah! Here we go with some Wild side! Here we play with sass, with some fight and flee combo! This song really lets us feel the power of these protective parts of ourselves. Sense your tail and claws in this one! RAAAW!!!

Nothing wrong with my posture (nothing wrong with my posture)
Just a beautiful monster (just a beautiful monster)
And there's no kind of remedy I need for being me
Baby, swing your body, body 'round and 'round
Run like a lion, run like a lion
Chase the fire when the sun goes down
Run like a cheetah all the way to Zion now
Natural animal, oh, you know savage is my style
Swing your body, body 'round and 'round, 'round
Like it wild, yeah, I like it, like it wild

I am Here by P!nk

A chance to totally take up space and own your "I am Here!" We definitely get our free dance on in this one!

"May the light be upon me
May I feel in my bones that I am enough
I can make anywhere home

I am here, I am here"

Breathe Slow by Broken Back

Tender, tender to our human hearts, to our body system, to this time. This is a chance to let the heart, the longing to connect to each other dance and sing.

When you're lost, faded soul and trust
Dancing demons in dust, watch them fall apart
When you don't know if you're strong enough to do so
Take my hand, real slow, watch them fall apart

Breathe slow, breathe slow
Shadows on the wall 'cause

This small light glows
Don't let the cold night
Don't let the cold night fall

Courage by P!nk

In this song, this storytelling, we play with after accessing energy of self compassion for ourselves as we navigate a lot in this time in our history. We move in a strong but tender way and remember that we “don't have to do this perfectly” and that we can access the courage to Change, one breath at a time, one song, one storytelling at a time. Continue playing with the character of courage!

I'm walking uphill both ways, it hurts
I bury my heart here in this dirt
I hope it's a seed, I hope it works
I need to grow, here I could be
Closer to light, closer to me
I don't have to do this perfectly, yeah
Rain, it pours, rain, it pours
It's pouring on me
The rain, it falls, rain, it falls

Sowing the seeds of love and hope, love and hope
We don't have to stay, stuck in the way
Have I the courage of change?
Have I the courage of change?
Have I the courage of change today? (Oh)
Have I the courage of change?
Have I the courage of change?
Have I the courage of change today

She'd Say by Andy Gramm

Imagine that the most loving being in the world, perhaps even one of your ancestors, is singing this song to you! Let your heart lead the way in these movements.

“She'd say "You are so much stronger than you even think you are
Let your heart, let your heart lead the way"
That's what she'd say”

Good Joy by Alicia Keys

A chance to do any movement you want in this song. A total love song to yourself. Drink in the goodness that is YOU!

“Good Job

You're doing a good job, a good job

You're doing a good job

Don't get too down

The world needs you now

Know that you matter”