

Dancing with the Elements Liberation™ Calendar

A 14-Day Journey Back to Joy

Instructions:

Each day, complete your dance experience and check off the box! Rest and reflect on designated days. Let your liberation unfold step-by-step, dance-by-dance.

Week 1: Awakening the Elements

Day	Theme	Check Off
1	Dance with Earth	[]
2	Dance with Water	[]
3	Dance with Fire	[]
4	Dance with Air	[]
5	Dance with Ether	[]
6	Rest & Reflection	[]
7	Rest & Reflection	[]

Week 2: Liberating the Soul

Day	Theme	Check Off
8	Dance of Joy	[]
9	Dance of Courage	[]
10	Dance of Freedom	[]
11	Dance of the Heart	[]
12	Dance of Spirit	[]
13	Rest & Integration	[]
14	Rest & Celebration	[]

"One day at a time, one dance at a time, I return to my joy."