

AmorZen

Connect, Release, Ground

A Somatic Dance
Emotional Reset Guide



RECLAIM YOUR JOY.



MOVE THROUGH YOUR EMOTIONS.



RETURN TO YOUR RHYTHM.



Stephanie K.

www.amorzen.com

From my heart to yours, welcome home to your body.

Hey love,

This guide was made straight from the heart—for those days when life feels heavy, and you just need a moment to breathe, move, and feel like you again.

This space is yours now too.

Whether you're healing, rebuilding, or just tryna catch a good vibe—this is your invitation to feel it all and still find your joy.

You don't need rhythm.

You don't need a plan.

You just need to show up as you are.

So kick off your shoes and
shake off the stress.

With love,

Stephanie K.

@amorzenlife 🌿



How to use this guide

1.

SET ASIDE 10–20 MIN
FOR YOURSELF

2.

CLEAR A SPACE

3.

LIGHT A CANDLE, WEAR
SOMETHING THAT FEELS
SOFT OR POWERFUL

4.

CHOOSE A SONG

5.

LET YOUR BODY
LEAD THE WAY

Optional to write in the
Journal Pages.

Tips to set the vibe

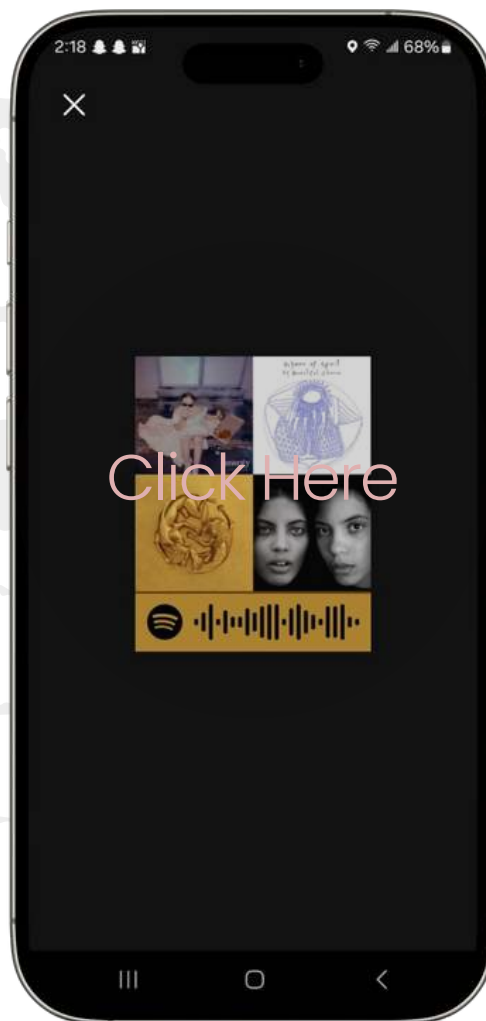
Attract all of the senses: sight, smell, sound, taste, and touch.



Choose a song

Want song suggestions? Check out,
[AmorZen Spotify playlist:](#)

AmorZen Somatic Dance Reset



3-Part Dance



Connect

- 1-2 min of gentle swaying shoulder rolling, and slow breathing.
- Close your eyes, feel your feet, and come into your body.



Release

- For 3-5 min, pick a high energy or emotionally charged song.
- Shake, stomp, cry, laugh, move freely.
- Let what needs to come out- come out.



Ground

- Slow it back down.
- Place hands over heart or belly.
- Repeat an affirmation (you choose!).
Ex: “I trust my body to guide me.” or
“My rhythm is my medicine.”

Journal Page

What part of my body needed attention today?

MOVE YOUR PEN LIKE YOUR BODY—NO PRESSURE, JUST FLOW.

Journal Page

What emotions came up while I was moving?

MOVE YOUR PEN LIKE YOUR BODY—NO PRESSURE, JUST FLOW.

Journal Page

What message did my body offer me?

MOVE YOUR PEN LIKE YOUR BODY—NO PRESSURE, JUST FLOW.

Journal Page

What am I ready to release?

MOVE YOUR PEN LIKE YOUR BODY—NO PRESSURE, JUST FLOW.

Journal Page

How do I feel now?

MOVE YOUR PEN LIKE YOUR BODY—NO PRESSURE, JUST FLOW.

Thank you

Thank you, truly.

For showing up—for yourself, for your healing, and for trusting me to guide you on this little piece of the journey.

Movement is powerful, but when we do it together—with intention, with heart—it becomes something sacred. You've already taken a big step toward honoring your body and your truth. That's no small thing. Let your joy guide you. Let your creativity flow. Let your healing be soft and bold.

And if you're feeling called to keep going deeper—into your wellness, your rhythm, your freedom—I'm right here. I offer personalized sessions that blend movement, mindfulness, and real talk.

🌱 [Click HERE to book a session with me](#) and let's co-create your wellness journey.

With love,
Stephanie K.

Holistic Lifestyle Blog:
www.amorzen.com

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