0:00
Welcome to the fully expressed podcast with Karenna.

0:02
I am your podcast host, Karenna Soto.

0:05
And this is a show where we have conversations that invite you into your fullest expressed self and life, relationships and business.

0:11
And it's so important for me to have this beautiful conversation that we're going to have today.

0:17
So I have a special guest on the podcast.

0:19
Her name is Mia Snyder, but she goes by Mac.

0:22
Is that fair?

0:23
I was like, I wanted to give you your first name, like I met you as Mac.

0:26
So yeah, Mikayla Snyder and, but she goes by Mak and Mak and I recently met, we met at the Beyond Burnout through working together on the Beyond Burnout immersion event.

0:39
So for those that follow me on Instagram or maybe saw as doing something or I posted things about it, we had created this beautiful event around Beyond Burnout and really inviting people that are feeling burnt out or maybe on the verge of burning out and like really giving back to themselves.

0:52
And Mac was one of the facilitators in that as long as along with me and what I loved about getting to know Mac one, you'll get to feel max energy.

1:01
She's so sweet, so loving.

1:03
She has so much.

1:04
She said if you really come off as like open heart energy, I think it's the best way to describe you.

1:09
But then also like when we got to her part of the event, which she led playful movement, which can mean so many different things because you don't really, we're going, we're going to actually define what playful movement means to Mac on here too.

1:23
But when it came to her portion, I swear it was like the most beautiful way for all of the attendees to express themselves through movement, to really express themselves through playing, to express themselves through their bodies.

1:36
And if you guys have been following me, I'm a huge fan of expressing yourself through dance.

1:42
And so I felt like it would be so beautiful to have Mak on here to talk specifically about how you can start to express your soul, your spirit yourself, through your body, through dancing and through movement and how that can also just create such beautiful healing in so many different ways.

2:01
So with that being said, I'm going to pass it over to Mak so she can introduce herself.

2:06
Hello.

2:07
My name is Mak.

2:09
Yeah, full name Mikayla, Mak is a name that I gave myself.

2:13
So I'm basically a rapper.

2:15
Just kidding.

2:18
But yeah, I remember somebody once saying, I think it was at some women's clothing store.

2:24
And I said my name is Mia and they're like, oh, do your friends call you Mak?

2:28
We have a Mak here and her full name is Mikayla.

2:30
And I go, no, but now I'm going to ask my friends to call me that because that is so cool.

2:36
So I gave myself this nickname and it's been sticking ever since it feels, it feels right for me.

2:43
So, yeah, so a little bit about me and my dance background.

2:48
Oh Man, that goes back to when I was, I started to dance at the age of five.

2:53
Growing up in a really, really small town in South Dakota, there wasn't a whole lot of things to be signed up for.

3:01
And so my mom put me in studio dance and I wrote that out all the way through high school where I got to do at the very end, my senior solo, we would have a yearly dance recital every as you got older, you were able to take more varieties of dance.

3:19
So when I first started, I was taking just ballet and tap.

3:22
And then when you get to like middle school, you could take jazz class and then you could take Broadway or contemporary hip hop.

3:33
All of these variations get added in and then you at the dance recital, you end up dancing sometimes like six different routines or seven or eight, even if you have a solo, like your senior year.

3:44
And I loved it.

3:46
I've always loved it.

3:47
I even did competitive dance through the high school cheer and dance team there too.

3:52
I just wanted any opportunity to, like, learn a routine to where it's like, so easily, like, memorized in my brain that I can then add my own fun and my own flair to it.

4:05
That's when it gets really, that's when it gets really fun is like, once you like, don't have to, like, memorize the counts and know what steps go to what beat of the music, it just becomes this like, fluid thing that takes over your body.

4:20
And I've, yeah, I've loved it since such a young age and I don't know how I would, who I would even be without it.

4:29
Like, I definitely wouldn't be this person that's sitting here talking right now without a have like, I was literally dancing earlier today.

4:37
I just don't know how to do without it.

4:39
It's, it's like deep in my soul and my bones and later on when I was out of high school was in college, I somehow was just very easily gravitated right to yoga.

4:53
You know, yoga has very similar ways of moving the body and that's how I like to move my body.

5:00
I'm not so much of the girl who did sports with a ball.

5:04
I don't have very good coordinate that way.

5:07
But anything that was more like diving in like deep within that was the kind of stuff that I really like and still continue to explore and find out more about all these different avenues of movement.

5:21
You know, there's, there's yoga and there's dance but then there's a lot of other things out there that are really interesting that I just keep finding more and more out.

5:30
So, yeah, that's a little bit about dance and movement.

5:34
My background anyways in it.

5:36
Oh, so good.

5:38
So, like when you, I guess?

5:40
Oh, wow.

5:41
I remember when I was younger I did dance too and a part of me is like, I gave up on it just because I wasn't good at it, you know, and I remember like giving up on it because I was like, oh, dancing is so hard.

5:52
I never get these routines.

5:53
I did lyrical, I did hip hop.

5:55
I did all of the different costumes and stuff.

5:58
I want to say I was definitely in like middle school or something like that.

6:01
And, but I do remember how much fun and how much energy and how much aliveness it gave to

me when I was little.

6:08
I did end up being one of those little girls that did go towards being, being really coordinate with the ball and like, really athletic.

6:15
And so I gave up dance to go follow sports.

6:18
But what do you think dance does to someone?

6:22
What is the, what, what has it gifted to you?

6:25
And then I would love to know what you have you witness it gift others when you invite people into this beautiful playful movement that you've created.

6:34
Yeah.

6:34
Oh Man, I feel that dance gives me the ability to address my emotions and what I'm going through because there are so many moods of dance and you know, sometimes when I'm really like angry or like confused, even too, it's all this frustration I will play and put on that kind of music and just like, like kind of hash it out and throw my body around a little bit and like scream and yell and like dance in these ways that kind of might come off as like aggressive dancing maybe, or it looks violent in a sense because you're just kind of like really letting out the emotion and then suddenly I'll kind of like that song will end or maybe it's five songs later that ends.

7:23
And I'm like, oh, I feel better.

7:26
Let's put on something a little more chill and then I'll go back into like some pop stuff, you know.

7:30
So, and then there's days where I'm really sad and I'm like, I'm, I put on sad music because I'm like, I just want to really be deep in my fields and sometimes that feels good and then I immediately just start dancing in these ways that fit the mood of the music.

7:47
And I think it like, lets my body like, let it out because I've always thought I don't have quite a way with words, but my body does.

7:57
And that's why dance has been so important for me because sometimes I don't know how else to say it.

8:04
Yeah, I seen that with other people too and how, like, things can really turn around when you start dancing, how you can feel a little like, hm, maybe you're like, didn't really want to show up

to dance.

8:18
But then by the end you are just all smiles.

8:21
I've seen that taking dance classes before.

8:24
It's kind of hard to leave a space like that without like feeling a little more alive, so good.

8:30
I'm so glad you brought this like concept of like expressing your emotions through the body.

8:35
So when I did my trauma informed somatic certification, that was one of the things one of the practices that she invited us into was literally helping us move emotions depending on where we were feeling and where we were at.

8:47
And it was like such a concept.

8:49
I'm like, well, duh, like it makes sense because when you see like professional dancers or you see very emotional dancing, like they can literally express emotion and a story through their dance, like the way that they're dancing and through the music and it's so moody and there's such a variety of what's available to you and that, and it was, it was like, well, like a light bulb moment went off for me and I was like, whoa, I have this tool.

9:15
I have music that is something that's free that I can do at home.

9:19
And I have this beautiful healing modality that I'm looking for someone else to come.

9:24
Take away my frustration, someone else to take away my anger, someone else to help me process my sadness.

9:30
But it's like I could actually probably tap into this through music and through dancing and through movement.

9:37
Yes, definitely.

9:38
So much of that has to do with, with the music too, doesn't it?

9:42
It's like I spend a lot of time discovering and listening to music.

9:47

I'll like, purposefully, even when I'm like, putting together like a yoga flow, I'll spend a solid two hours where I'm like, the only way I'm going to be able to like, come up with this if I go lay at the beach and just listen to music and like something about that ignites ideas for me and it like, kind of gets me into a moving state without actually moving yet because music is such a powerful tool.

10:15
And those two things just go hand in hand when you've got a beat.

10:18
Sometimes you can't help but tap your foot or nod your head.

10:22
You know, there's times where you're in the grocery store and you hear a song come on and you go down that aisle a little bit differently, like music, it, it can carry you into a space that you didn't know that you were about to go into and oh man.

10:37
I love music.

10:38
I love music so much and I love all kinds of music.

10:41
Like, I think it's nice to be open to trying to listen to different types of music.

10:47
Sometimes it takes a few listens before you're like, ok, I actually do kind of like this and I feel like if you were to look at my music library, it is a wide array of random stuff.

11:00
Sometimes I like that really like dirty hip hop music when I want to like get down into it.

11:07
And then I've got some real like soft like piano music on the other end too.

11:12
Like you need all of it.

11:13
You need that mixed bag totally.

11:15
And I feel like with music to like your point, you are like, how do I say this?

11:19
You can find different musics to create experiences too, right?

11:23
So we just talked about like being with your emotions and things like that.

11:26
But you also used it as a tool to create the way that you want to feel.

11:31
So like, for example, today, I had a speaking opportunity where I was speaking to corporate and I was like, I need to get hyped up.

11:39
I need to activate my voice.

11:40
I put on some music and I started dancing and I was like all in it because I, I wanted to bring that kind of energy into my life and I feel like that is another way to be able to use music and dance.

11:50
It's like, OK, how can I almost use this as a meditation?

11:54
But it's also a form of embodiment of how do I want to show up for my life by expressing myself in this way?

12:01
And you can use music as a way to help you step into that even with your confidence, right?

12:06
So, like if there's certain songs that you feel really confident, talking, like dancing to, it's like, ok, how much more can I practice into that?

12:14
Yes, totally.

12:16
Absolutely.

12:17
Like today, I was putting together a playlist.

12:20
I'm teaching a 5:30 a.m. yoga class tomorrow.

12:24
So I'm like, what's 5:30 a.m. music?

12:27
It is very different than like your evening music.

12:30
I'm like, these people have like, they're not even fully awake yet.

12:34
So like, what's this like you still want to like, you know, bring some energy because it is like a Vinyasa flow kind of class, but it's in the morning.

12:43
So like music needs to kind of go with that flow of what you're expecting to be feeling, even if it's

in during certain times of the day or what your audience is expecting to, depending on what kind of class you're bringing to them, you know?

12:57
Yeah.

12:58
Yeah.

12:58
That's amazing.

12:59
I love that.

12:59
Thanks for sharing.

13:00
I would love to double down a little bit more into like playful movement.

13:04
So can you share with them what you, what exercises you took us through at the beyond Barna event.

13:11
And what was your intention behind that?

13:13
And then we can tackle like how people responded.

13:16
But I'd love to know what was your intention by creating that space.

13:20
Yeah.

13:21
So, oh my gosh, that was so fun.

13:23
And I loved getting to, to facilitate that.

13:27
It was a blast because I remember when I was coming up with it, I was like, I feel like best icebreaker for getting into a playful movement is to just have people near me for a moment and for them to not worry about what they're doing or what they look like because everyone's just going to do what I do.

13:45
So that first exercise we did was to this really cool remix of a gorilla song.

13:54

And it was kind of like that old school jazzy warm up.

13:58
Like you're watching video, everything is going to a beat and it's like, it's just kind of like, let's just right away, get into it, move the whole body in six minutes, you know, and I think that was a great icebreaker because after that everyone, it was like, OK, I get it now we're, we're loose, we're having fun.

14:19
It's, it's just, it's just a good time.

14:22
And then after that, we got into another exercise that I called scaled movement, which was moving intuitively kind of what you would compare to a static dance when you're just like letting the music take over and just moving any way that you want without fear of any judgment or worrying about what it looks like because it doesn't matter what it looks like, it just matters what it feels like.

14:49
And then I put out there this scale where it was from 1 to 10, 1 was like your most subtle movement that you could possibly move at where from the naked eye, maybe it's like not even detectable but you know that you're moving, it could be like the tiniest little sway.

15:05
And then the 10 is like your biggest movement that you have.

15:09
It takes up a lot of space.

15:11
It's really loud and I we would make our way up the scale.

15:15
So eventually, as the song is also building, which was another important part of this whole like journey was the music.

15:23
The song is building.

15:25
The numbers are building.

15:26
We're making our way up until that 10.

15:28
But then I start yelling out random numbers across the scale so you can play with what it's like to be moving out of 10 and then suddenly be moving out of four.

15:37
And what was also fun about that was that everyone's going to interpret that differently and that's awesome.

15:43
Like what feels like a 7 to 1 person and what that looks like is completely different to the next person and there's no choreography that you're trying to match and mimic, it's just feeling and letting that be expressed however that is.

15:59
And I felt like after we came from mirroring me and like getting into this like fun funky movement.

16:06
I felt that people were really open to moving intuitively and kind of doing this a static dance kind of exercise.

16:14
And it was built in a little sweat too, I would say, oh yeah, for sure.

16:19
We were definitely sweating.

16:20
By the time.

16:20
Can you define what ecstatic dance is?

16:22
I know what that is, but for anyone that's listening, what is ecstatic dance and like, yeah, aesthetic dance is just dancing however your heart wants to dance.

16:31
Basically, it's there, there'll be gatherings.

16:35
I've seen somewhere.

16:36
It's kind of like a silent disco where people have headphones on and together.

16:41
It's like being at a club without dancing one on one, any type of dancing together.

16:46
It's all individual dancing.

16:48
But it's, yeah, it's dancing intuitively just feeling and moving the body.

16:55
However it wants to without any worry and there's never any judgment and at things like that, a lot of times like when I've gone to things like that, my eyes are closed almost the whole time.

17:05
I have no idea what anybody else is doing and I don't need to worry about it.

17:10
And I feel like a lot of other people feel that way too and that's why people would rather go to those things to dance than to clubs because you don't have to worry about somebody randomly grinding up on you because that's not the kind of space it is, it's just to express yourself through movement and whether you call that dance or not, sometimes it doesn't look like it or it does, it depends on your interpretation of dance or what your understanding is of it because it's so wide, it's just like art, you know, it can't really be defined but it's, it's fine.

17:41
I definitely recommend, definitely recommend.

17:44
Yeah.

17:44
No, I, I've done a static dance.

17:46
I've also heard that but because it's such an like inward intuitive process, I've heard people have like a deep emotional releases from going to the ecstatic dance gatherings.

17:58
And so maybe you've heard of this or you haven't heard of this, if you're a listener, like there are like, I don't know, I guess like event brights, there is there's just groups that get together and they put music on like, I think for the most part, they're pretty sober.

18:11
So you're going into like a sober experience, but it, it also can open up like a ton of emotional releases.

18:18
I've also heard about ecstatic dances being added on to the end of retreats.

18:23
So like in the middle of the retreat, you're experiencing some kind of ecstatic dance.

18:28
But it's so crazy.

18:30
I think to me like just the practice of connecting to our bodies and intuitively asking our body to express its wisdom is always exactly what we need in that moment.

18:45
And I think that's what ecstatic dancing does.

18:47
And I think that's what you did for us at the beyond burnout immersion event because it was such a safe space for women, men, whoever was there, however, they identified to just intuitively be with their bodies.

19:01
And the other thing I want to highlight too based on what you said is like what looks like a two to

you and looks completely different than what it looks like a two to me.

19:09
And by connecting to those different numbers and expressing yourself as from 1 to 10 to what you were talking about, it gives you so much power, you know, it gives you so much personal wisdom and personal awareness of like, oh, that's what that feels like.

19:26
Oh, I didn't even know that's what my 10 felt like, you know.

19:29
Definitely.

19:30
And you're just, you get to do it all on your own.

19:32
It's, it's all yours.

19:33
So it feels really special, right?

19:35
It's not, you're copying a dance, you're just moving to how your body wants to speak.

19:43
And I think that's, it can feel so beautiful and like it can feel like a, just a dance with yourself too.

19:49
Like you fully feel like you're like doing a waltz with a partner and that partner is you, you're holding hands with yourself, kind of your body speaks like you just said that like our bodies do speak to us and it's like you're fine and kind of you're giving them the channel to express itself.

20:07
It's like, hello I've been wanting to say some things but, like, I haven't been able to say anything like these containers or these spaces or these practices are giving their bodies the opportunity to speak.

20:19
Yes.

20:19
Right.

20:20
It's like I have a feeling often where I'm like, something is wrong and if someone was to ask me, like, what's wrong, I would be like, I don't know, I don't know.

20:29
I don't know what's wrong but something's wrong and I just don't have words and I'm just kind of like feeling like icky and it feels like annoying to not be able to figure it out but to have those like moments or days or sometimes it's longer where you're just like, something is just up and I don't even know what it is.

20:50
I just feel it in my bones like I'm not, I don't feel like myself right now or I'm carrying around a weird energy that I can't shake off and sometimes you need to and dance it off and move your body and like that shit will just go.

21:10
Yeah, it's so true.

21:12
It's so true.

21:13
You know, sometimes we just literally don't have words to how we're feeling and we don't need words.

21:18
But if you give yourself permission to express yourself in the way that it wants, like, I just want to shake it out, like go ahead and shake it out like, oh my body just wants to move like this like that or like, oh, I'm really connected to this song right now.

21:30
Go for it because maybe that's how your body's feeling.

21:33
What are some tips and tricks to inviting some one into expressing themselves more through their body to feeling safe.

21:40
Because I think expressing yourself, your body can also feel very vulnerable and some, you know, it's like, hey, see me.

21:47
So if you're someone that hasn't felt comfortable to be expressive, to be intense to dance in a certain way in a way that feels very open hearted and giving and get a really good word and passionate is vulnerability.

22:01
So what would be some good tips and tricks for someone to start stepping into expressing themselves through their body and allowing their bodies to speak the wisdom that they have?

22:11
This is a great question.

22:13
I would say it all can just start at home easily, just putting together your own like playlists of your favorite songs and telling yourself that you're gonna maybe it's just like you start with a few songs.

22:26
It's like your top three favorite songs and just like dance it out at home.

22:31

And that doesn't have to look like anything that should be taped.

22:34
It just needs to look like what feels good, you know, and that might just be swaying side to side and you're doing it while you're cooking dinner or something.

22:43
But to just let your body do those motions that it wants and to be aware that it's doing that too and like carving out a little bit of time to do that, I would say from there, you can move into, you know, going to any sort of those that if you want to like, try out an aesthetic dance.

23:03
There's some smaller ones I recently went to this really awesome intimate one here in Long Beach and it was a cacao ceremony paired with a static dance.

23:14
And that was really nice to have this circle where it was literally, I think maybe 12 of us and we all spoke about really briefly like why we were there and the space just felt so safe.

23:27
So to like kind of try out by looking for a really small intimate one.

23:32
Those are out there like Eventbrite, you can find those things in your community, even just Instagramming it and then finding a trusted friend that you would feel comfortable going with, you know, like having a buddy there with you can just take so much pressure off and yeah, I feel like those are great ways to get started.

23:51
I'm trying to think of like another way to start.

23:55
Yeah.

23:55
Moving intuitively.

23:57
I just think making that playlist for yourself.

24:00
I know I shared that at the end of the beyond burnout, how important music is and like having that those songs that you feel like you just can't help.

24:10
Move to.

24:11
So good, so, so good.

24:14
I think my last question to like guide here to keep going is like when people do step into dancing more, so let's say they start dancing more, they start expressing themselves, what are some

stories or some feedback that you have heard as the gifts that have come from dancing.

24:32
So recently I've had a friend who has very often and consistently more often been driving up from Long Beach to L A to go to a big dance studio up there to take different varieties of like hip hop classes, afrobeats classes like that.

24:52
And I think every time he comes back, he's been putting more and more videos of himself like stepping into the dance and like you can see this progression.

25:03
Like when I watch his stories of like they're longer or he's like looking, you can like see his, his own style shining through on them the more and more he just keeps going.

25:14
And I feel like it's made me so happy to see because I get to see this progression of somebody who is stepping into their body and stepping more into like letting their body speak because then you see this, the style come out because your body is letting more and more loose and you can kind of get past those jitters of what it's like to first go to a dance class.

25:36
Like, oh my gosh, like, what's that going to be like?

25:39
But it's so it's a lot different than you'd think it's not competitive it's, there's no tryouts, you know, like there was in high school, there's no, like, you're not good enough to be at this class.

25:49
There's so many out there.

25:51
I think the one that he's been going to is it might even be millennium.

25:55
But it's like anyone can come, you don't have to be taped if you want, you can stand in the back the whole time.

26:01
You, if you want, it's for someone who's never danced ever or people who are maybe dancing for the stars even.

26:08
But I think those are, it's such a cool, like, progressive story to see with somebody who's putting themselves out there and going over and over and over again more and more.

26:19
I think that's awesome.

26:20
And then hearing him talk about it when he comes back to like, he just lights up.

26:24

So that's awesome to see.

26:27
And like a lot of us have been talking about it.

26:28
We like, we see your videos, we're so proud of you.

26:31
You know, I want to go with him so bad and I'm like, I've got to have a weekend coming up soon where I can go up and take some classes with him because that's fun too, is experiencing those things together.

26:44
It's, it's really fun when I was growing up.

26:46
Like, I love dance so much that even when I was taking classes all the time, it's me and some of my, I feel like a girlfriends would like, still want to choreograph our own dances.

26:58
And like, that's what we would spend our time doing outside of school was making more.

27:03
I was like, let's just make up a dance just for no reason.

27:06
Just because it was fun.

27:08
Or we would see dances on youtube that looked really cool and we would sit and learn bit by bit of like, learning more and more and more like, it was just any way to keep doing it because it's so fun.

27:20
It really is.

27:22
Yeah, it sounds like you witness your friend just become more alive and their expressive expression.

27:27
And like there is this, it's just so interesting to hear how dance can be such a deep medicine, especially if you don't move your body often, especially if you feel like very closed off to expressing yourself in that way.

27:40
Like when you do step into that, it's so healing.

27:43
Like the body gets to breathe, the body gets to express itself.

27:46

Like you literally see spirit come through like it sounds on your friend like more of his spirit and more of his soul, more of who he was just started to come through every single time.

27:56
He went to dance and thanks so much for sharing that.

27:58
There are dance studios out there that you can go to and like there's no, there's no sense of like you got to act.

28:04
You have to be a perfect dancer.

28:05
Like I remember I started going to these dance classes here that were like a little bit more sexy and like a little more sexual and a lot of booty shaking, even like floor work.

28:13
And I was like, oh, I'm stepping into expressing and embracing my sexuality through dance.

28:19
And this is like a way to embrace the different parts of you in the way that you move and the way that you can move and it does give you deep access to, again, your body's language of expressing.

28:31
So that is absolutely so beautiful.

28:34
Is there anything else that you feel called to share with those listening?

28:38
So currently I have a couple of private yoga clients that I do more like slow stretching with.

28:46
But I've recently been able to be on a subs list at a yoga studio where I feel that that I have a, a lot of wiggle room with the type of like bias of flows.

28:58
I want to bring into the studio.

29:00
And for me, like coming up with those kind of felt like a dance in itself too, like coming up with the flows and the transitions and the way you, you move from pose to pose.

29:13
Because for me, it's a lot less about the poses and how you're getting to them that I find really interesting and fun to like hold the control to really slow down.

29:24
And so I've been excited about being on the subs list and actually I have that class tomorrow that I'm going to be teaching.

29:32
And I'm like, I've been able to spend this past week coming up with those flows and that's just been such good, good stuff coming into my heart to be able to work on.

29:42
I'm like, this is what I want to be doing, this type of movement, this type of work.

29:47
So I can't wait to keep doing that type of work.

29:50
And then yeah, we got our fingers crossed for our business cleva to be opening.

29:58
Hopefully this year 2024 can't put an official date on it.

30:02
But breathwork studio where we will offer along with breathwork will offer cold plunging.

30:09
There'll be a sauna, there'll be a jacuzzi there and then we're going to have some movement classes.

30:14
I'm guessing there might be a couple.

30:16
But for sure, something along the lines of playful movement which I am excited about like kind of constructing or making up a class that maybe hasn't been made up before and how that can look like going like day to day or week to week even.

30:34
I know it'll have some components of dance, some components of stretching norm ourselves up.

30:40
But I also want to bring in these different ideas of how we can work on balance and how we can work on being playful and like bringing in maybe some props and things like that.

30:50
I've been seeing these really cool classes out there where and I've taken a contemporary class like this before too, where you bring in a lot of tennis balls and you work on ways of like doing like a little bit of like coordinating with a ball and with like moving the spine in certain ways while somebody else is maybe holding the ball towards you.

31:13
And there's all these like these classes that are coming out that have created creative and functional ways of looking at, at movement and like being playful, being light on your feet and being able to like move around on the ground in ways that kind of just let your body like sink.

31:31
It's, it's so interesting and I'm going to take a lot of inspiration from things like that, continuing to research what other types of classes are out there while we invent what ours is going to look like.

31:43
So I'm so excited to keep working on the on that.

31:47
Yeah, I love that.

31:48
Thanks.

31:48
So I am so excited for celibate.

31:50
So Cate is going to be located in Long Beach.

31:52
I mean, I have people that listen to all over the place.

31:54
So if you ever get to come to Long Beach California, I mean, you got to check out Civ is going to be hopefully opening by the end of this year.

32:00
Breathwork, cold plunge Motive Movement classes, all kinds of classes, bio hacking tools from what I understand.

32:07
I mean, it's gonna be absolutely epic.

32:09
And then obviously, if Mac and I and Mac and I continue to do these like beyond burnout immersion events.

32:15
You'll be seeing more of Mac there.

32:18
And we kind of imagine that also coming out towards Long Beach, maybe Orange County, maybe San Diego if I can get them to come up here.

32:27
Just kidding.

32:27
But really, yeah, that thank you so, so much for coming on here just to talk about the gift that comes through dancing, the medicine that's available to us directly within our bodies.

32:38
And also just like such free access to like if you do have a computer, if you do have music, you have your body, you can, you can start doing this today.

32:46

Yes.

32:46
Take yourself on one of those hot girl walks.

32:49
That's like one of my other ways to get out of funks is I'm like, I need to go walk it out with my dog, put on my yoga outfit, whatever that looks like and do my hot girl walk.

33:02
Like I love doing that.

33:08
I love that so much.

33:10
I'm going to go do a hot girl walk.

33:11
I think after this because I'm like a girl needs some sunshine.

33:14
I'm like I need to go do my get some sun, get by the beach and just walk.

33:18
So I'm so here for that.

33:20
Thank you so so much for again coming on to the Police for podcast.

33:25
It was such a pleasure.

33:26
Have you?

33:26
And if anyone wants to reach out to you or just get connected with you or follow you?

33:30
Where, where can they do that?

33:32
Yeah, my Instagram handle is mindful movement with Mak.

33:36
Just mak K no C got it and then you can also find them in the show notes.

33:41
So we have all of that for you in the show notes as well.

33:44
But thank you.

33:45
Thank you.

33:45
Thank you.

33:46
Thank you.

33:46
Such a pleasure to have you.

33:48
Oh my gosh.

33:49
I'm so like happy that I got to do this with you.

33:52
This was so fun.