

The **MUVE** Principles Icons - Overview



Enjoy Music

Appreciate the gift of music. Tap into the creative energy & allow the music to MUVE you.



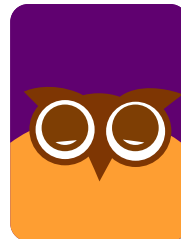
Feels Good

Make every MUVE feel good. Listen to your body. Adjust every MUVE to your own liking.



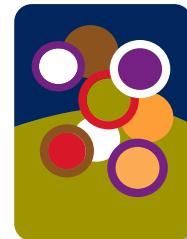
Size It

You decide on the speed, intensity & size of any MUVE. Your size is the right size.



Relax

MUVE is for your own enjoyment. Relax and MUVE like nobody is watching.



Any MUVE

There is no limit on how to MUVE. Follow the dancers or make up your own dance.



Style It

Practice leads to confidence which allows creativity to come forth. Explore!



Equal Rights

Release all your body from inhibitions. Give all body parts their fair share in the action.



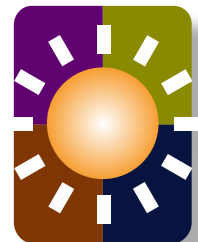
Community

Feel community when dancing with others. Catch the rhythm and ride along with us.



Inspire Others

Share your joy by inspiring others to dance with you. Create easy to follow MUVES.



ONE with Music

Let go of busy thoughts and worries. Feel the music and MUVE freely and joyously.

The **MUVE** Support Icons - Overview



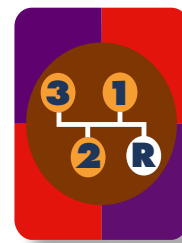
Support

Use proper support.



Loosely

When you follow, follow loosely.



Adjust

Change speed to fit your need.

muve









