

## REFLECTION AFTER A BODY MOVEMENT EXERCISE

The beauty.  
The beauty of dancing.  
When my feet  
hear the music,  
they start dancing.

The way they move,  
the way I move...  
The beauty of seeing  
my feet move.

The beauty of  
my hips  
when they start to move  
left to  
right.

They move  
when they hear the music.

My body.  
My body, the beauty of my body.  
The way it moves  
up,  
down,  
left and right.

The way my body  
moves.

– Isabel A.