

Arise In Your Queen

ATTRACT YOUR KING

Feminine Movement And Sensuality

I want to welcome you back Sister Queen to **Module 4 – Sensual Embodiment**

And today's lesson is called ***"Feminine Movement And Sensuality"***

Let's start today with a quote:

She was made for untidy rooms and ruffled beds ~ Alexander
McCall Smith

Today what you'll learn is:

1. The Feminine Way To Move
2. Being Truly Sensual

Today you'll learn that Queens are fully embodied, sensual creatures and we're going to have some fun together as we learn how to move and feel into our bodies.

***** This lesson can ONLY be done through example, so please go ahead and follow along with the video that accompanies this document.**

Sending so much love and I will see you back next week.

Now, head on over to the ***"Arise In Your Queen Facebook Page"*** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson ***"Feminine Sexuality"***