



## Moving With Love

### Welcome

This April, our youth explore how the body is a sacred expression of Spirit. From yoga-inspired play, to mirror movement and bravery, to embodied storytelling. Each lesson celebrates how movement connects us to truth, creativity, and wholeness. Together, we will learn that every step, pose, and gesture can be an act of prayer, courage, and love.

### This Month in YFV

#### April 5: Celebrate the Beauty of Easter

Our children will celebrate the joy and renewal of Easter through festive crafts and a playful egg hunt around HeartBeat. Inside each egg are simple, CSL-inspired actions to help bring more love and joy into the world.



#### April 12: Movement with Special Guest Richelle Donigan

We're excited to welcome special guest Richelle Donigan for a movement-based experience with our youth. Through guided activities and creative expression, children will explore how the body can reflect courage, presence, and inner strength; discovering new ways to move with intention and love.



#### April 19: My Body Speaks: A Movement Monologue

Our youth will explore how the body carries memory, wisdom, and story. Through guided movement and writing, they will create poems that honor the body as a sacred storyteller of resilience, truth, and possibility.

### Family Connection

Here are simple ways to deepen the learning at home:

**Reflect:** As a family, talk about ways you care for your bodies with food, rest, hydration or movement.



**Shine:** Create a family "movement moment" with a pose, stretch, dance or gesture you can do together when you need courage or calm.

**Notice:** Encourage your child to observe how women and men in your family or community use movement through work, art, or play to show love and strength.

### Events to look forward to:

**Next month**, our children will focus on the sacred practice of rest. They will explore how pausing, reflecting, and restoring themselves is a spiritual practice that honors balance, peace, and self-love.

