

# 365 Dance: July

Words documented in July 2015 by Jill Randall

<b>Date</b>	<b>Words</b>	<b>Inspiration</b>
July 1	<b>outward focus and brightness</b>	Elizebeth Randall
July 2	<b>seeking</b>	Randee Paufve's rehearsal
July 3	<b>purpose of training</b>	
July 4	<b>affirmations</b>	
July 5	<b>line between tension + release</b>	Randee Paufve
July 6	<b>life balance</b>	
July 7	<b>"meet the moment"</b>	Clif Bar campaign
July 8	<b>gift and opportunities</b>	the gift of being a performer...sharing
July 9	<b>slowing the life pace</b>	
July 10	<b>rehearsal as performance</b>	
July 11	<b>ownership</b>	
July 12	<b>beauty</b>	
July 13	<b>fun</b>	remembering this!
July 14	<b>non-scheduling</b>	
July 15	<b>future projects</b>	
July 16	<b>the release and the weight</b>	Mo Miner
July 17	<b>corkscrew</b>	Mo Miner
July 18	<b>skull/ribs/pelvis</b>	Mo Miner
July 19	<b>deeper</b>	

<b>Date</b>	<b>Words</b>	<b>Inspiration</b>
July 20	<b>asking questions</b>	going deeper; inquiry, research
July 21	<b>“Uncertainty is fundamental.”</b>	quoting Andrea Olsen from my blog
July 22	<b>outward looking/community focus</b>	
July 23	<b>nurture</b>	teaching, supporting, caring
July 24	<b>“learning experience”</b>	love this phrase instead of just saying “class”
July 25	<b>community minded</b>	
July 26	<b>sharing resources</b>	
July 27	<b>mentoring</b>	
July 28	<b>togetherness</b>	
July 29	<b>reciprocity</b>	
July 30	<b>selfish/selfless</b>	
July 31	<b>see others</b>	