

# Kaelin Bell

## Gentle Stretch

A slower, soothing practice—like a warm cup of tea. This class guides you into the rhythm of your breath, moving mindfully to release tension and restore ease to connect you to your body and prepare you for a night of dancing. Perfect for all levels, no experience needed.

**BOOKING**

From Ask for a quote

**Send a booking request: https://upful.app/talent/kaelin/book**

Press kit, photos and rider: https://upful.app/talent/kaelin/kit