

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

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