

FEB/MAR 2020 | ISSUE NO. 1

FREE

ONLY IN FREE!

ENERGY
PRACTICES
FOR FLOW

SELF-LOVE IN MOTION

Elizabeth talks about her weight journey as part of her personal awakening process

EXCLUSIVE!

*A NEW
MOVEMENT*

A Story of Two Paths Becoming One

YOUR
BODY

Learn how to love
the body you're in!

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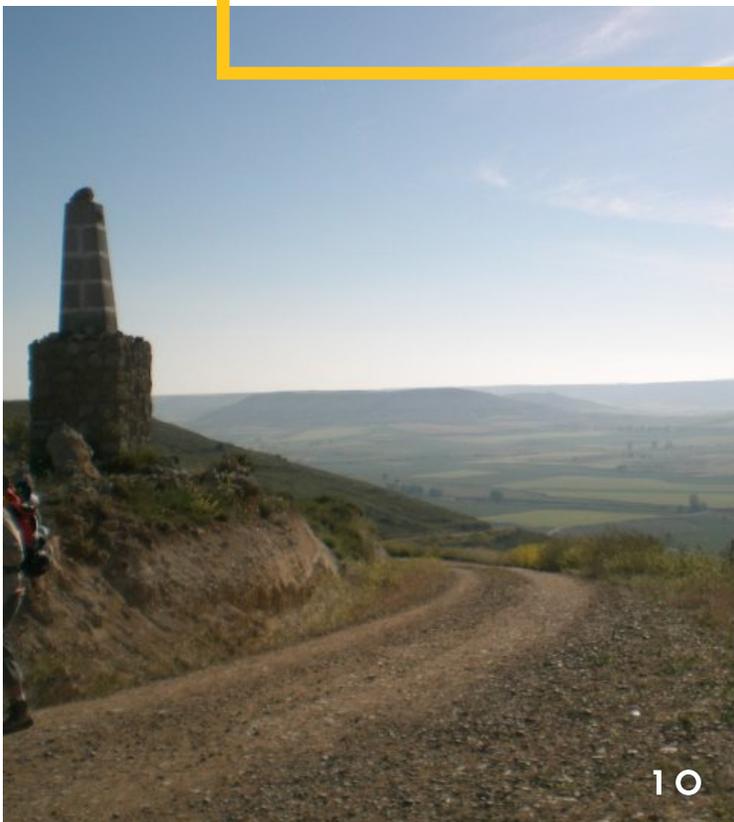
**08 Energy Practice for
Emotional Safety**



HELLO

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and much more!



EDITOR'S LETTER

Each edition of FREE will include interviews or introductions to people who have shaped my growth process, reflections of the lessons I learned, energy practices, recipes of the food I love, and more from my travels to my inner self, England, France, Austria, Germany, Switzerland, Spain, Dubai, and Thailand, hopefully soon, Italy.

The majority of the pictures in this publication were taken by myself or Soul Collage Cards I made.

Creating this magazine has become a way to practice the creativity that is wanting to be expressed in my soul and journal about all the things I love about being a spirit in a human suit and what it has taken to move forward from severe sexual and psychological abuse, my own defense mechanisms, and the guilt and shame for the grief and harm I may have caused others while I was learning, growing, and evolving to create a life I am grateful for and proud to say is mine.

I hope it will bring you beauty and inspiration.

**All my love,
Elizabeth Sabet
February 2020**



**TRAVEL IS
NEVER A
MATTER OF
MONEY, BUT
OF COURAGE**



MEET ERIKA NIMRY

A I created The Movement to change an industry perpetuating the conditioning of women and their bodies. I saw that coaching needed to go beyond talking and movement beyond fitness.

Bridging these two worlds formed a practice heavily influenced by my love of dance and somatic awareness that's more powerful than I ever could've imagined.

I want women to know they aren't broken - the wellness world is. They don't have to want or be it all. That productivity and exhaustion don't validate your worth. That you're a cyclical being worthy of celebrating and rest is no reward.

I no longer feel the need to justify moving at my own pace or apologize for my soulful, sassy ways. I've learned to hold space for my mess and to be held in it too. And I relish that I get to do the same for women worldwide.

"The Movement was my own liberation I didn't know I needed. It feeds my fierce curiosity, fuels my creativity, allows me to dig deep, find my strength, feel free and release. I'm a better partner, professional and friend when I'm in my body, respecting my energy and able to make room for my desires".