

February, 5-26, 2026

Unwind & Grind™ Sweatpants Rituals (4-Week Online Series)

Company: SOL VIDA®
Venue: Live Via Zoom
Location: Virtual, CO

► [Share](#) | [Print](#) | [Download](#)



SOL VIDA®

Shake off the day.

Get free in your body.

All in your sweatpants.

Join us for a 4-week virtual movement series for femmes, theys, and them to regulate your nervous system and get free in your body, from anywhere in the world. Join our global community of movers and shakers for a weekly dance reunion to shake off the day and come back home to our bodies.

The Vibes

Unwind from the actual Grind. You'll have a consistent practice to help you sweat, reclaim, restore, and remember who you really are.

From Out of the Body to Embodied. Deepen your intuition and somatic awareness through the 5 Elements.

From Disconnected to Connected. Join a global community of Rainbow Light Warriors in a judgment-free liberation zone.

Reclaim your time and energy, refill your well with new inspirations, and receive solace, belonging, and respite in a beautiful global movement community.

SOL VIDA® explicitly centers the Black, Brown, and Rainbow spectrums of identities and abilities. We celebrate all backgrounds, body sizes, and experience levels.

Meet Axé [they/she]: Master Embodiment Guide | Founder of SOL VIDA®

I specialize in meeting everyBody exactly where they are. I have a gift for bringing out uninhibited, radical free expression in humans and a dedication to creating safer and braver spaces rooted in social justice on the dance floor. I love to share my favorite ways of moving that are a continual discovery and based in 5 Rhythms, Ecstatic Dance, Free Form Movement, Laban Efforts, Symbology of the Orixás, Black Modern Dance, Yoga, Creative Writing and—most importantly—Divine Booty Shaking.

I am so ready to hold this space with you, like a warm hug, and feeling the Axé—so very alive, in the spirit and happy. Let's Align with the Divine, Shake It, Shimmy and Shine!

3 Steps to Claim Your Embodied Liberation Now

Register: Pick the pass that fits your flow.

Show Up: Come as you are and join us live on Zoom, from anywhere in the world every Thursday in February

Get Free: Follow our 5-Elements movement map to shake off the day and rejuvenate your soul.

Join the Series

No fancy gear. No judgment. Just 40 minutes to get free.

\$99 Series Pass | Payment installments of \$33 available at checkout

\$77 Dance Fam Pass – 2 Spots

*Release Your Mind, Have Fun, and Get Free in Your Body!
There is no other experience like this on the planet.*

SECURE YOUR SPOT NOW

SOL VIDA®

Online

Virtual, CO, 80220

<https://solvidamovementcollective.offeringtree.com/offerings/unwind-grind-sweatpants-rituals-4-week-online-series>

Schedule

February 5, 2026: 6:30pm

February 12, 2026: 6:30pm

February 19, 2026: 6:00pm

February 26, 2026: 8:00pm

[< back](#)

[< previous listing](#) • [next listing >](#)