

## **Levy Clip 4 Transcript**

DAN LEVY: The next 20 minutes of class are going to be a little bit dense. And I sense some energy in the room that might need to be released. So why don't we all stand up for 30 seconds, stretch your arms before the next 20 minutes. Let's do that. Scream if you need to. OK, great.

[INTERPOSING VOICES]

DAN LEVY: Great.

All right, let's come back. All right, Fernanda has a question.