



## TPP Playlist #1 Rise

A playlist designed to shift you into an energy state that allows you to access courage, feel inspired and connect with your horse!

Link-

<https://open.spotify.com/playlist/48zeKr9HhRGnZO9sRy8czv?si=2ca7b20e1d1247e0>

This play list is a fun collage of music shared by past and current TPP participants. It's music that has lifted them up, inspired them, helped them overcome, made them feel joy or highlighted a sense of connection with their horses. One of the things we practice in The Performance Project is different ways of shifting out of low energy states like discouragement, grief, fear, isolation, disillusionment or self-doubt, into higher energy states like courage, determination, happiness, joy, connection and love. It is one of the guiding principles of TPP that we each have the power to shift our energy states and that we are responsible for what we bring to our horses each day.

No matter your circumstances, your beliefs or your past experiences, you have the ability to shape your current experience and have a great ride!

Enjoy this playlist and please share any music that you use to lift you up or calm you down with me or with the group so it can be added to the next playlist.

Have fun with it!

XOXO  
Alyssa