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#Itsmymove Podcast episode 3- Aya and Seba 'How mothers and daughters can help each other to move and thrive'


Theme:
Participation


[Rachel Howells](#)
Co-authored by Sport NZ, Bel Crawford
 Sport New Zealand


We're sharing conversations with inspiring women to help girls feel confident and empowered to move their way. You're in for an inspiring and heartwarming chat with Tik Tok's favourite mother-daughter combo, Seba and Aya. We found out how discovering a shared love of dance helped Seba and Aya to have fun moving together and boosted their confidence. We also hear about tips for parents on how to connect and help their daughters thrive. Check it out!

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-  <https://open.spotify.com/episode/3gSU7yN1sL9a8X0TF65Mml>


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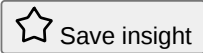
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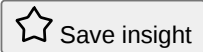
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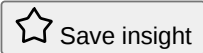
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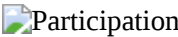
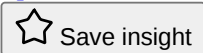
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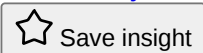
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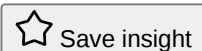
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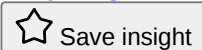


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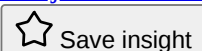


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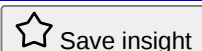


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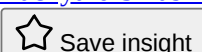


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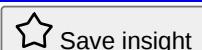


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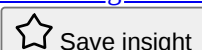
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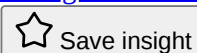
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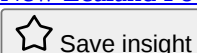
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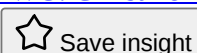
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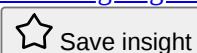
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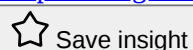


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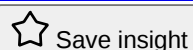


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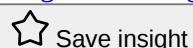
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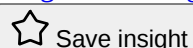


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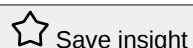


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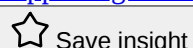
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