

Short form refs Empara

<https://www.instagram.com/reel/DJ4oexkKImq/?igsh=Z3JtNXNocWw5ZThy>

<https://www.instagram.com/reel/C14AlgINb6M/?igsh=d3drM2loaTNwMmg3>

<https://www.instagram.com/reel/Cy3oFfKNT3X/?igsh=MWw4Njc0NHB0Z3Nsdw==>

<https://www.instagram.com/reel/CyDyFFfooOc/?igsh=MXUwaHFnenl3ZjNzag==>

<https://www.instagram.com/reel/CsbwX0OLP0n/?igsh=MW54anFyOTZ1M3RIZQ==>

<https://vm.tiktok.com/ZNdhkvqSa/>