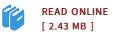




Dance--The Sacred Art: The Joy of Movement as a Spiritual Practice (Hardback)

By Cynthia Winton-Henry

Skylight Paths Publishing, 2009. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Unlock the transformative power of movement as a life-changing spiritual practice. If you re thinking But I m not a dancer or I feel awkward, I hope to reassure you. You don t need a special talent to move. You don t need to be graceful or especially coordinated. You don t need a body that s in shape. Dancing helps us embrace all this humanity. Dance connects us to the holy of life. --from the Introduction Seize the joy and healing power of dance! Drawing from her years of experience as a dance and movement teacher, and as cofounder of the international dance organization InterPlay, Cynthia Winton-Henry helps you overcome your embarrassment or anxiety and discover in dance a place of solace and restoration, as well as an energizing spiritual force. She taps into the spirit of dancing throughout history and in many world cultures to provide detailed exercises that will help you learn to trust your body and interpret its physical and spiritual intentions. For both newcomers and seasoned movers alike, she encourages you to embrace dance as a spiritual...



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