



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...



Reviews

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly. -- Timothy Johnson DVM

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

-- Libbie Farrell

Relevant eBooks

\rightarrow

The Picture of Dorian Gray: A Moral Entertainment (New edition)

Oberon Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Picture of Dorian Gray: A Moral Entertainment (New edition), Oscar Wilde, John Osborne, The Picture of Dorian Gray is a stage adaptation of Oscar Wilde's classic and controversial novel, described by Osborne...

-	\rightarrow

The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children s lives learn the discovery of God Can we discover God? What does science prove?Why we were never...

\rightarrow

Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullyingarms parents and teachers with real solutions for a...

\rightarrow

History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...

\rightarrow

Overcome Your Fear of Homeschooling with Insider Information

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Homeschooing: YOU CAN DO IT! If you are considering homeschooling, Overcome Your Fear of Homeschooling will help you understand...

\rightarrow	

Baby Bargains Secrets to Saving 20 to 50 on Baby Furniture Equipment Clothes Toys Maternity Wear and Much Much More by Alan Fields and Denise Fields 2005 Paperback Book Condition: Brand New. Book Condition: Brand New.