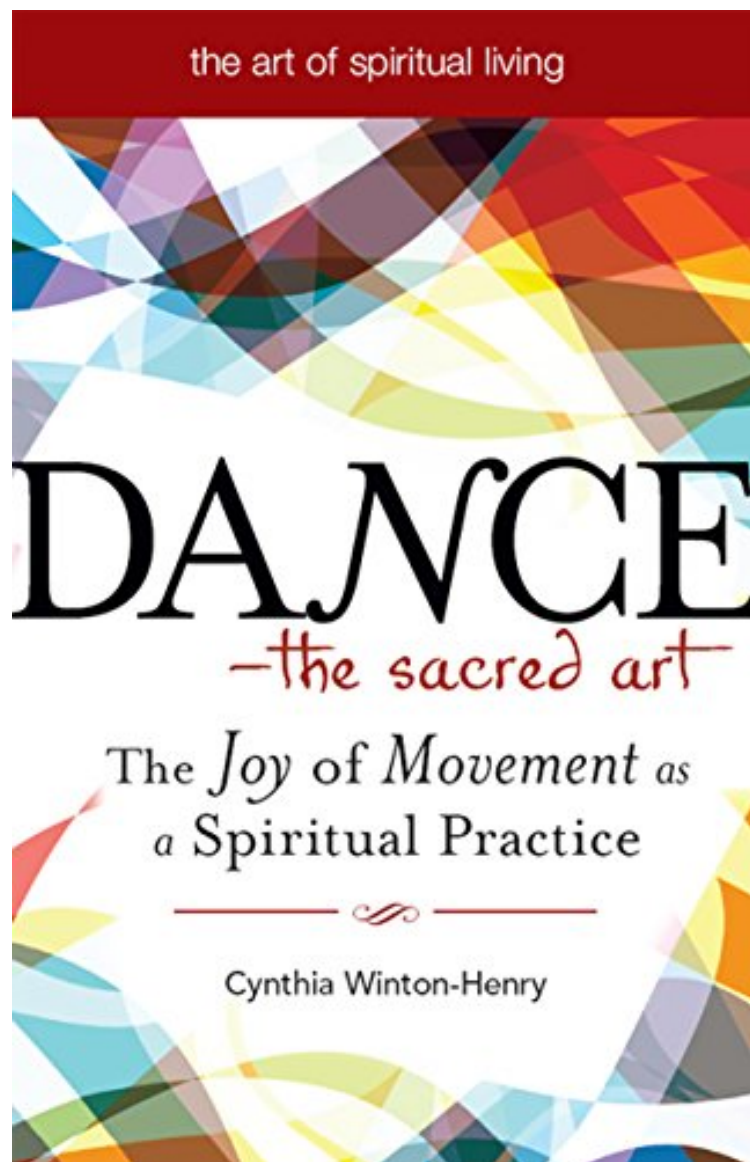


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## **Dancemdash;The Sacred Art: The Joy of Movement as a Spiritual Practice (The Art of Spiritual Living)**

*Cynthia Winton-Henry*  
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**Cynthia Winton-Henry : Dancemdash;The Sacred Art: The Joy of Movement as a Spiritual Practice (The Art of Spiritual Living)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dancemdash;The Sacred Art: The Joy of Movement as a Spiritual Practice (The Art of Spiritual Living):

0 of 0 people found the following review helpful. I was disappointed in this bookBy Dink61I was disappointed in this

book, but it may have been my own fault in misunderstanding the concept of the book. I am a novice yogi so for me there was nothing new in this book. The breathing exercises, focusing, meditating were all standard information. I was looking for something new, something to inspire me, this wasn't it. It is well written however if a bit too drawn out in the beginning, and I'm sure would be of benefit to someone not experienced in yoga. 0 of 0 people found the following review helpful. Sacred and beautiful By judes5288 This book is fascinating and extraordinarily helpful in providing a sacred space of movement from within myself while at the same time offering a playful love-filled space without. Cynthia provides a sacred well of unending beauty for the expression of soul through body as well as a wide array of practical gifts to use in my own healing journey as well as my clients. 0 of 0 people found the following review helpful. Practical Inspiration By Noah James This book is full of useful nuggets and exercises that aid in developing a wholistic conscious dancer. Great read for any dancer seeking to explore connection with God through movement.

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 tool to: Celebrate your unique spirituality and get in touch with your emotions Unify your body and mind, and push your personal boundaries Work through trauma or crisis and restore spiritual well-being Deepen your relationships and strengthen your community Find spiritual direction hellip; and much more!

Do you sometimes feel as if you are experiencing information overload? Then pick up this book and learn the technique of "exformation" through dance. That is only one of the many ideas Winton-Henry shares in this creative contribution to spiritual practice. The author presents the Divine as asking each person "May I have this dance?" Yet so many religious traditions downplay or deny the value of the body in spite of numerous traditions of God's movement toward creatures and the lively response of followers. This repression was not always so nor need it be so in the future, according to the author. In fact, words such as "carol" and "chorus" mean to dance and to dance together. Winton-Henry develops ways in which to approach the Holy through unlocking the dance of joy, approaching wholeness through movement and dancing for healing. Interestingly, she also promotes dancing as a part of spiritual direction, as action of the beloved community and as a form of peacemaking. Included in the book are a variety of movement practices for each theme, additional reading suggestions and resources for particular forms of dancing. No matter what age, what physical ability or limitation or what spiritual tradition you are, there is much in this volume to invite you to the sacred dance. (Colette Hanlon Catholic Library World) From the Inside Flap: Explore a completely different way of knowing the Holy. This book is a simple, approachable resource for people at all levels of movement ability who want--or are willing to try--to explore how dance and movement can be an important element in their spiritual growth. It includes dozens of practical exercises and free-form dances inspired by dance and spirituality around the world, as rooted in InterPlay, an international not-for-profit dance organization cofounded by the author, as well as a detailed resource list of innovative movement, improvisation and dance therapy programs in the United States and around the world. "A dose of joy, like dancing itself! As I read it, my toes started tapping and my shoulders kept the beat until I couldn't sit still for another moment. Thank goodness it's here!" --Carolyn North, dance healer; author, *Ecstatic Relations* "Opens for us a released and exciting blending of body and spirit." --Flora Slosson Wuellner, minister, United Church of Christ; former adjunct faculty member, Pacific School of Religion, Berkeley "For dancers and non-dancers alike.... Shows how sacred the art of movement is to deepening life's experiences, healing the past, and entering into the wholeness of the present." --Karen Josephson, PhD, president, Sacred Dance Guild "A wonderful resource for leaders and participants of all beliefs, giving permission and specific activities to use movement as a spiritual practice." --JoAnne Tucker, PhD, founding director, Avodah Dance Ensemble "Invites us with ease, beauty and depth into the space where dance is as natural as breathing and essential as food.... A necessary companion." --Celeste Snowber, PhD, dancer, educator, writer; author, *Embodied Prayer* About the Author: Cynthia Winton-Henry, cofounder of InterPlay (an international not-for-profit organization with locations in over fifty cities on five continents), teaches people to unlock the wisdom of the body through movement and creativity. She has served as an adjunct faculty member at Pacific School of Religion and the Sophia Center at Holy Names University, and is author of *Chasing the Dance of Life: A Faith Journey*; *What the Body Wants* and *Dance? The Sacred Art: The Joy of Movement as a Spiritual Practice* (SkyLight Paths).