



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

*Cynthia Winton-Henry*

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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

... and much more!

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