



Dancing Mindfulness

Jamie Marich PhD LPCC-S

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Experiment. Explore. Awaken your potential for wellness through meditative movement.

"This ... is an invitation and a portal into the practice of dance and movement as meditation. All bodies are welcome and all abilities. Anyone can dance, although many of us hold back because we don't look like dancers or because we have physical limitations. But I am willing to bet that most of you holding this book have touched a moment of transcendence or freedom in an experience of dance that leads you to explore deeper. You have a worthy guide in your hands."

?from the Foreword

Using theory and step-by-step exercises, dancer and clinical counselor Dr. Jamie Marich expertly guides you through seven primary elements of mindfulness in motion: breath, sound, body, story, mind, spirit and fusion. By dancing through these seven elements, either in personal practice or in a group, you will be better able to:

- Access your body's own healing resources through informal dance
- Realize the transformative power of your personal creativity
- Strengthen your abilities to exercise non-judgment, patience, a sense of play, trust, acceptance and letting go
- Practice mindfulness even if you have struggled with traditional sitting meditation
- Share healing dances with others to build on your own strengths, resources and experiences

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From reader reviews:

David Patton:

This Dancing Mindfulness is new way for you who has attention to look for some information because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or else you who still having small amount of digest in reading this Dancing Mindfulness can be the light food for yourself because the information inside this book is easy to get through anyone. These books build itself in the form which is reachable by anyone, sure I mean in the e-book type. People who think that in guide form make them feel drowsy even dizzy this reserve is the answer. So there is no in reading a e-book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss that! Just read this e-book type for your better life along with knowledge.

Benjamin White:

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Terry Klatt:

What is your hobby? Have you heard in which question when you got students? We believe that that problem was given by teacher on their students. Many kinds of hobby, All people has different hobby. So you know that little person just like reading or as looking at become their hobby. You must know that reading is very important along with book as to be the matter. Book is important thing to add you knowledge, except your personal teacher or lecturer. You find good news or update regarding something by book. Different categories of books that can you decide to try be your object. One of them is actually Dancing Mindfulness.

Stephen Morgan:

Some people said that they feel fed up when they reading a reserve. They are directly felt the item when they get a half regions of the book. You can choose typically the book Dancing Mindfulness to make your current reading is interesting. Your skill of reading ability is developing when you just like reading. Try to choose straightforward book to make you enjoy you just read it and mingle the idea about book and studying especially. It is to be 1st opinion for you to like to start a book and read it. Beside that the publication Dancing Mindfulness can to be your friend when you're feel alone and confuse in what must you're doing of this time.

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