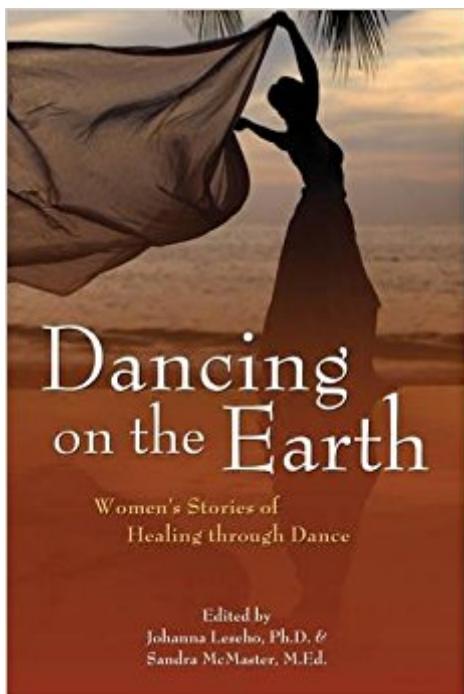


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Dancing On The Earth: Women's Stories Of Healing And Dance



Synopsis

The essays in this dynamic compilation are a testament to dance as a healing art. Widely interdisciplinary in nature and written by women dancers from around the world, they illustrate a rich array of dance practices, cultures, and disciplines and show how this expressive therapy can be both empowering and exhilarating. The women's narratives all share a deep appreciation for the connection between mental, spiritual, and physical dimensions, offering dance as a transformative power of renewing and rebuilding that bond. Both personal and professional, the stories weave a vivid tapestry of lived experiences and insights, balance, and a community healed by dance.

Book Information

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Customer Reviews

"It is refreshing to read academic yet enjoyable experience-ed practice of dance as a sacred, healing process . . . should be a required textbook for all dance movement therapy courses." Kedzie Penfield, psychotherapist, movement analyst, educator A fascinating look into . . . the process of attaining some link to a spiritual source within various experiences of dance . . . inspiring to read . . . invites me to deepen my own participation in these discoveries. Impressive." Gary K. Bates, dancer, choreographer, educator A testament to dance as a healing art. . . . Both personal and professional, the stories weave a vivid tapestry of lived experiences and insights, balance, and a community healed by dance." New Consciousness Review (August 2011)

Johanna Leseho, PhD, is an associate professor at Brandon University and a certified laughter yoga instructor. She has studied dance most of her life and currently is a student teacher of Mandala Dance. Sandra McMaster, MEd, is a counselor at Brandon University, where she supports students with self-esteem and leadership workshops. She is a practitioner of Satir therapy, yoga, and other alternative and expressive healing therapies. She has studied Hakomi and numerous types of dance. They both live in Brandon, Manitoba.

Lovely book with good mix of different perspectives on dance, healing, and spirituality. I would recommend it for anyone interested.

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