



## Dancing Mindfulness: A Creative Path to Healing and Transformation

By Jamie Marich Phd Lpcc-S Licdc-Cs

SkyLight Paths. Paperback. Condition: New. 200 pages. Develop a personal practice of living in the moment without judgment using dance as the medium of discovery. Mindfulness is the ancient practice of living in the present moment a practice so simple, yet so often neglected in our fast-paced, modern lives. Dancing mindfulness invokes the art of dance as the primary medium for discovering and practicing mindful awareness. It can be a gateway to higher spiritual growth, a path to more balanced living, a healing experience and an ignition for your creativity. Using theory and step-by-step exercises, dancer, recovery ambassador and clinical counselor Dr. Jamie Marich expertly guides readers 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, novices of dance and meditation as well as those experienced in both arts are better able to: Access their body's own healing resources through informal dance. Realize the transformative power of their personal creativity. Strengthen their abilities to exercise non-judgment, patience, a sense of play, trust, acceptance and letting go. Practice mindfulness even if they've struggled with traditional sitting meditation. Share healing dances with others to build on their...



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