

Title:

Can Dancing Heal?

Word Count:

621

Summary:

Dance give us plenty of room for self-expression and can be powerful in helping the body and m

This is one thing everyone agrees about: Dance is beneficial. It's exercising without "feeling

Unfortunately, in our "modernized" society, we have lost touch with its potential. In co...

Keywords:

dance,music,health,wellness

Article Body:

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The other great thing about dance is that it can be done either in the privacy of your own hom

"Oh, I can't dance," you'll say. Can't, or won't? Dancing is simply moving, like wayward walki

Choose music you feel comfortable with. Music preferences naturally vary from person to person

When you are ready to begin, stand for a moment with your eyes closed. Feel the connection of

Allow this to transition into any movements you wish, moving as the body dictates. Flow, float

When you really get into it, after a while you'll definitely notice something: You're not worr

In fact, the natural bodily healing and restoration can last from a couple of minutes to a sev

Remember, you're not forcing your body to move according to someone else's steps; to truly dan

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