



Spirit Dance: Intuitives Tanzen - Medizin für die Seele (German Edition)

Astrid Kuby

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Magie der Bewegung: Im intuitiven Tanz werden Bedürfnisse, Sehnsüchte oder persönliche Konflikte spürbar, aber auch verborgene Talente, Kraftquellen, neues Selbstbewusstsein, Harmonie und innerer Frieden. Spirit Dance führt durch Tanzen und Tönen zu mehr Leichtigkeit im Leben, inspiriert Gedanken und Gefühle. - Mit vielen Übungsempfehlungen, Musiktipps und Fotos. Geeignet für alle Altersstufen.

Einfach los tanzen!

Im Tanzen sich selbst finden

Ein ideenreiches Praxisbuch für Einzelne oder Gruppen

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