

SACRED DANCE MEDITATIONS

365 Globally Inspired Movement Practices Enhancing Awakening,
Clarity, and Connection

*Achieve balance, connect to Spirit, and tap into the sacred power of dance
with 365 daily movement meditations.*

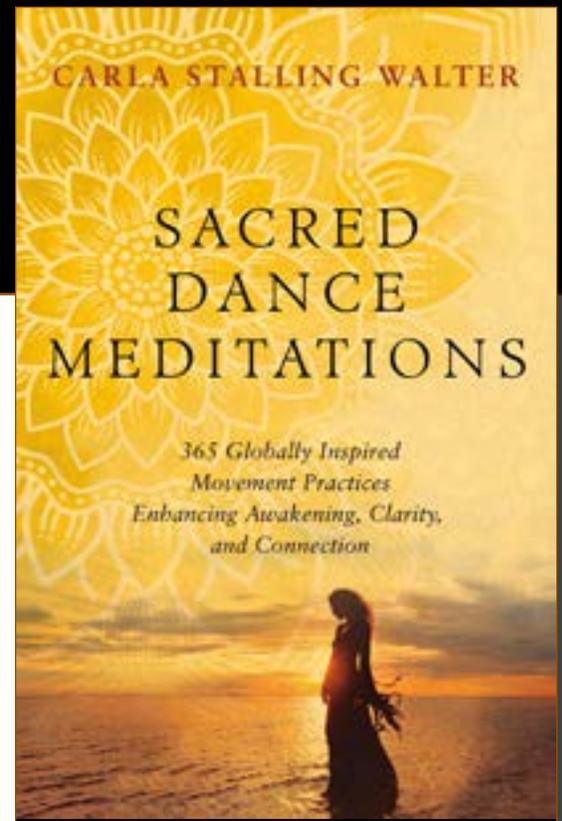
Throughout human history, people all over the world have recognized dance as an age-old yet timeless connection to Spirit. In celebration, to mark moments of change, and in times of despair, dance has been used to seek the Divine, connect with the Earth, and call into being the sacred energy we each possess within ourselves.

In Sacred Dance Meditations, Carla Walter, PhD, offers readers 365 dances--one for every day--rooted in traditions from around the globe. From Polynesia to Peru, each dance is different in origin and technique but connected in common purpose: as sacred conduits for hope, love, connection, community, and spirituality. Walter provides a theme each new day, drawn from mystical and spiritual principles that originate from pre-colonial religious traditions. Descriptions, video links, accessibility modifications, and invitations for deeper reflection allow the reader to engage their Spirit fully with the sacred power of dance, carrying it in their heart as they move throughout each day.

Readers who want a more active style of meditative practice will discover powerful regenerative healing and a new way to awaken. Broken up day by day and month by month, Sacred Dance Meditations makes it simple and gratifying to practice each day's dance and fulfill its intended theme. Readers can begin at any "point of entry" section, and work their way throughout the year with a time commitment of just ten to twenty minutes a day. Importantly, each dance is designed to supplement any existing (or non-existent) religious or spiritual practice, allowing all to tap into the Divine through the spirit of dance.



DR. CARLA STALLING WALTER writes about dance, spirituality, and wellbeing. Along with her doctorate and MBA, Walter holds certificates in somatic psychotherapy, osteopathic medicine, and spiritual counseling. She is the CEO and Founder of Dance in the Spirit, LLC (www.danceinthespirit.com). Her company provides personal and corporate retreats, classes, and workshops on sacred dance meditation at locations around the globe. A practicing Zen Buddhist, she serves as a board member with the San Francisco Zen Center, and is an active member of The Sacred Dance Guild, the American Dance Therapy Association, and the Dance Studies Association. A native of Los Angeles, she lives in the San Francisco Bay Area.



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