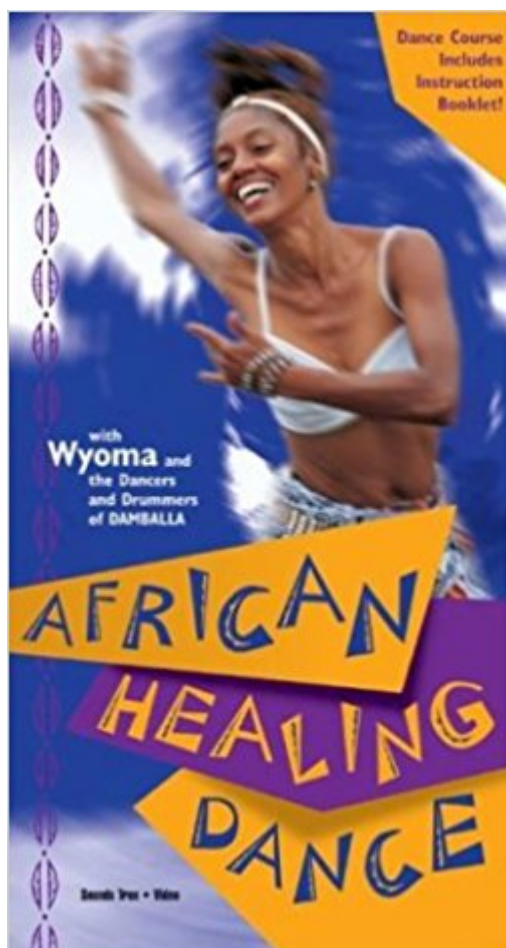


The book was found

Wyoma: African Healing Dance



Synopsis

Editorial Reviews In Africa, dance is much more than physical movement-it is a direct way to celebrate life and create healing. African Healing Dance is a step-by-step course on the healing tradition and expressive movements that are unique to Africa's dance heritage. From the movements of nature and everyday life, the tribal people of Africa develop specific dances to summon the energy of the world around them into their bodies for connection and healing. Through dancing they become the bird and the wind, and fire and the serpent. Join Wyoma, the respected lead dancer and director of the Damballa dance troupe, as she teaches you the African way of moving your entire body with passion and joy...symbolic animal and elemental gestures...secrets of hip, torso and shoulder articulations, and much more. Here's the instructional program you need to have a high-energy African dance class at home. Can anyone learn these dances? "If you can talk, you can sing," they say in Zimbabwe, "and if you can walk, you can dance." So get ready to move-and be moved-with African Healing Dance. Learn Six African Dances:, Sowu: The Dance Of Life, from the Ewe Of Ghana., Gbegbe: From the Ivory Coast, a call for vision and strength., Focodoba: A post-initiation basket dance from the Bambara of Guinea., Umoya: A South African dance to draw energy from heaven and earth., Nago: An Afro-Haitian warrior dance to claim your power and domain., Yonwalu: A voodoo invocation to Damballa, the serpent deity., A Healing Journey: Dancing from within.

Book Information

DVD-ROM

Publisher: Sounds True (January 1, 2003)

Language: English

ISBN-10: 1591791308

ISBN-13: 978-1591791300

Product Dimensions: 7.5 x 5.4 x 0.6 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 5.0 out of 5 stars Â See all reviews Â (1 customer review)

Best Sellers Rank: #1,657,454 in Books (See Top 100 in Books) #134 in Â Books > Arts &

Photography > Performing Arts > Dance > Folk #134475 in Â Books > Humor & Entertainment

#168767 in Â Books > Health, Fitness & Dieting

Customer Reviews

Great exercise video, takes me back to my African roots

[Download to continue reading...](#)

Wyoma: African Healing Dance African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More African Masks Coloring Book: A Coloring Book Featuring Over 30 Images Inspired By Traditional African Masks,Cultural History,Folk Art Coloring Book,African Art Decor African Rhythm and African Sensibility: Aesthetics and Social Action in African Musical Idioms Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word Dancing Many Drums: Excavations in African American Dance (Studies in Dance History) Dance and Music: A Guide to Dance Accompaniment for Musicians and Dance Teachers Foxtrot: Learn To Dance The Foxtrot In No Time (Dance Acceleration Learn To Dance Book 1) The Square Dance and Contra Dance Handbook: Calls, Dance Movements, Music, Glossary, Bibliography, Discography, and Directories The Dance Fairies Boxed Set (7 Books) (Rainbow Magic, #1: Bethany the Ballet Fairy; #2: Jade the Disco Fairy; #3: Rebecca the Rock 'n' Roll Fairy; #4: Tasha the Tap Dance Fairy; #5: Jessica the Jazz Fairy; #6: Serena the Salsa Fairy; #7: Isabelle the Ice Dance Fairy) Tap Dancing (Dance, Dance, Dance) Lift Every Voice: The History of African American Music (The African American History Series) African Grey Calendar - African Grey Parrot Calendar - Parrot Calendar - Calendars 2016 - 2017 Wall Calendars - Bird Calendars - Monthly Wall Calendar by Avonside Signs and Symbols: African Images in African American Quilts (2nd Edition) African American Haiku: Cultural Visions (Margaret Walker Alexander Series in African American Studies) How Africa Shaped the Christian Mind: Rediscovering the African Seedbed of Western Christianity (Early African Christianity Set) The Healing Drum: African Wisdom Teachings

[Dmca](#)