

26 REASONS TO DANCE

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Physical Benefits:

1. Increases cardiovascular fitness
2. Improves balance, strength, flexibility & fluidity
3. Reduces stress naturally
4. Strengthens immune system
5. Expands body awareness

Intellectual Benefits:

6. Neurogenesis: Grows new brain cells
7. Enhances Neural Plasticity
8. Whole brain experience: Integrates the right and left-brain hemispheres
9. Meditative benefits: Focus, awareness, present moment living
10. Enhances creativity: New ways of thinking, seeing, moving, being

Emotional Benefits:

11. Releases stuck emotion: e-motion – energy in motion
12. Human experience in safe, sacred, supported container
13. Supports personal transformation
14. Strengthens self-trust, inner wisdom
15. Expands LOVE

Spiritual Benefits:

16. Embodied spirituality: Direct access (divine nature, spirit, life force energy, more)
17. Expanded states of consciousness
18. Embodied spirituality experience
19. Enhanced presence
20. Deepens Inner peace, compassion

Social Benefits:

21. Strengthens Connection One & Off Dance Floor
22. Enhances positive relationships: self, body, other
23. Promotes cooperation
24. Expand non-verbal communication
25. Play!
26. Fun!

CONSCIOUS DANCE MODALITIES & RESOURCES

- ★ Free Your Inner Dancer™, 5 Rhythms, Biodanza, NIA, JourneyDance, Shake Your Soul, Yoga Dance, Soul Motion, Contact Improvisation, Continuum, Authentic Movement, Body-Mind Centering, MORE...!!!
- ★ Conscious Dancer Magazine: <https://consciousdancer.com>
- ★ Visit: <http://www.dne.org> for information of freestyle dances around the world!