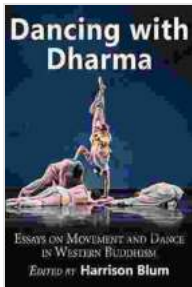


# Unveiling the Sacred Dance: Essays On Movement And Dance In Western Buddhism

In a world that often feels chaotic and disconnected, the practices of movement and dance can offer us a path to find grounding, presence, and connection. In the new book *Essays On Movement And Dance In Western Buddhism*, editor Sarah Wider explores the intersection of these disciplines, offering a rich and multifaceted perspective on the role of movement and dance in Western Buddhist practice.



## Dancing with Dharma: Essays on Movement and Dance in Western Buddhism by Leticia Ordaz

★★★★☆ 4.6 out of 5

Language : English  
File size : 5656 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 285 pages



The book features essays from a variety of contributors, including Buddhist teachers, scholars, and practitioners, who share their insights on the many ways that movement and dance can enhance our spiritual journey. Topics covered in the book include:

- The history of movement and dance in Buddhism

- The different types of movement and dance practices that can be used in Buddhist practice
- The benefits of movement and dance for physical and mental health
- The role of movement and dance in cultivating mindfulness and compassion
- The use of movement and dance in Buddhist ritual and ceremony

Whether you are a seasoned Buddhist practitioner or someone who is new to the exploration of movement and dance, this book offers something for everyone. The essays are written in a clear and accessible style, and they are filled with practical tips and advice that can help you integrate these practices into your own life.

If you are looking for a way to deepen your Buddhist practice, or if you are simply interested in exploring the benefits of movement and dance for your physical and mental health, then this book is a valuable resource.

### **Praise for *Essays On Movement And Dance In Western Buddhism***

"This book is a valuable contribution to the field of Buddhist studies. It offers a comprehensive overview of the role of movement and dance in Western Buddhist practice, and it is sure to inspire readers to explore these practices for themselves." - **Buddhist scholar Dr. Donald Lopez**

"This book is a beautiful and inspiring exploration of the intersection of movement, dance, and Buddhism. The essays are written by a diverse group of contributors, and they offer a wide range of perspectives on this important topic." - **Buddhist teacher Sharon Salzberg**

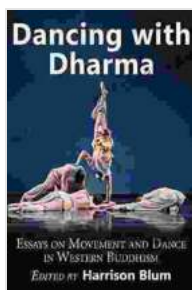
"This book is a must-read for anyone who is interested in the role of movement and dance in Buddhist practice. It is a rich and multifaceted resource that offers a wealth of insights and practical advice." - **Yoga teacher and author Judith Lasater**

## About the Editor

Sarah Wider is a writer, editor, and teacher who has been practicing Buddhism for over 20 years. She has a deep interest in the intersection of movement, dance, and spirituality, and she has written extensively on these topics. Wider is the editor of the book *Yoga and Buddhism: Pathways to Liberation*, and she is also the founder and director of the Buddhist Yoga Center in New York City.

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*Essays On Movement And Dance In Western Buddhism* is available from all major bookstores. You can also Free Download the book online at Our Book Library.com.

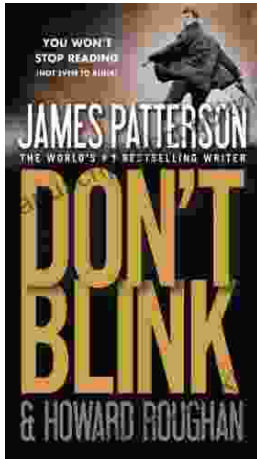


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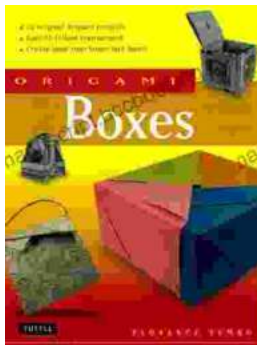
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