



Danzen: Movement Therapy

By T E Pelton

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Danzen is a new movement therapy for health and happiness developed by Special Educator and author T.E. Pelton. Danzen enhances posture and improves motor skills, as well as mental and physical dexterity. Research shows movement therapy and dance art benefit everyone especially those with mental, emotional and neurological challenges such as autism, ADD/ADHD or learning disabilities. This step-by-step guide is used by Danzen teachers and students for daily practice. You will learn how to balance the Atlas bone for cranial-sacral alignment and improve posture (even long term postural misalignment). You will be able to create dances that improve your strength, dexterity and self-expression. Most of all, when practicing Danzen we are almost always smiling. And smiling changes our whole being. Students report they feel more alive, more youthful and happier after each session. Over the days, weeks and months that you continue your Danzen practice you ll enjoy improved posture benefitting your health by relieving pressure on your spine. Quite possibly, you too will notice a happier outlook on life. In Danzen you ll learn basic movements from...



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