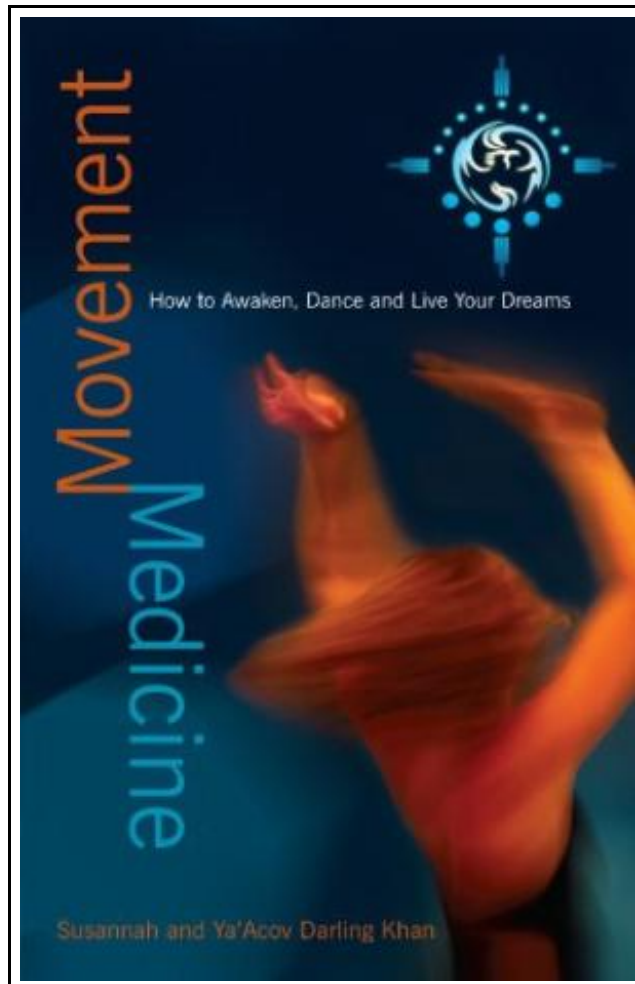


## Movement Medicine: How to Awaken, Dance and Live Your Dreams



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### ***Reviews***

*It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Tierra Kunde)*

## MOVEMENT MEDICINE: HOW TO AWAKEN, DANCE AND LIVE YOUR DREAMS



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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Movement Medicine: How to Awaken, Dance and Live Your Dreams, Ya'Acov Darling Khan, Susannah Darling Khan, "Movement Medicine" is the kind of instruction manual you'll actually want to read. It is laced with personal stories from the authors' lives that are funny, inspiring and moving, as well as 38 recipes that will change the way you see and feel about yourself and your place in this world. Anybody in a body can take part. So that means you. Take a deep breath. Your drum is calling you. Its rhythm is in your blood. We are being challenged as a species to raise our game. "The 9 Gateways" are a map and a guide for the critical times we live in. In them, you will see the ancient and the modern, the psychotherapeutic and the shamanic, the devotional and the traditional, the scientific and the mystical, all woven together into material that is strong enough to support you to 'Live Your Dream'.



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