

# Mp3 Gabrielle Roth - Endless Wave Vol. 1

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A high energy dance/music experience that frees your body so your mind will follow. 12 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: "Selected as one of the "best" exercise products." -- Living Fit "You'll feel graceful, energized." -- Mademoiselle "...the bliss your body desires..." -- Nexus "[It] provides a great way to stay in shape while reconnecting and grounding spirit." -- Perceptions Gabrielle Roth, an internationally renowned theater/music director, philosopher and movement innovator who has created her own form of ecstatic dance, the 5RHYTHMS (Flowing, Staccato, Chaos, Lyrical and Stillness). The dance practice is designed to help bring us back to our original wholeness, to reconnect spirit and flesh and encourage self-discovery through movement. Doing the rhythms is about waking up to your most essential nature, stretching your intuition and imagination as surely as your body. It's a formless form, one that expands your range of physical and emotional expression and introduces you to forgotten parts of your psyche. It awakens intuitive intelligence and artistic sensibilities. This work is for all ages, shapes and sizes. External Benefits: Use to... \*Relax tense muscles \*Recharge your energy \*Lose weight with regular use \*Improve muscle tone \*Feel more youthful and rejuvenated \*Exercise, exercise, exercise! Internal Benefits: Use when... \*You want to meditate, but can't sit still \*You've sworn off drugs/alcohol, but still want to alter your consciousness \*You feel tense and want to relax \*You want to expand your awareness, enhance your intuition, and free your imagination \*You want to exercise, but the weather outside is inclement \*You're feeling sluggish or depressed \*You're feeling good and want to express joy \*You're angry or stressed and want to rid yourself of these emotions \*You love to dance, but don't have a partner For Children: Helps... \*Work off a child's excess energy in a positive way \*Decrease aggression by giving an outlet to negative emotions which may not be easily verbalized \*Expand creativity by stimulating young imaginations \*Develop and finely tune growing motor skills \*Improve muscle tone, balance and poise \*Increase self-confidence \*To occupy time in a constructive way, especially on rainy afternoons \*Provide a positive alternative to television or video games \*Parents and Children do something enjoyable together, that is also good for them both! Her work has been featured in SELF, ELLE, MADEMOISELLE, NEW AGE JOURNAL, BODY MIND SPIRIT, SHAPE and many other national

publications.

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