



Conscious Dance: 101 modalities that define the movement

Mark Metz

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Discover the world of conscious movement and dance in this comprehensive directory of modalities that first appeared as an article in the fall 2010 issue of Conscious Dancer magazine. Compiled by editor-in-chief Mark Metz. The term 'conscious dance' refers to any number of non-competitive practices that could be defined as "movement with an intention towards greater awareness. Enjoy!

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