



# The Spirit Moves: Handbook of Dance and Prayer

*Carla De Sola*

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## **The Spirit Moves: Handbook of Dance and Prayer** Carla De Sola

The dance-prayers included here are structured and nonstructured. They are for nondancers seeking to take their first steps in movement meditation, and for those with training who need help in applying their technical background to prayer. They are for those needing guidance in leading a congregation into movement, and for those wanting only to pray more freely in their own living-rooms. The dance-prayers ebb and flow, rise and fall, circle and process, moving out of stillness into all life. They can be added upon and they can be subtracted from - they are adaptable to your own experience. --- excerpt from book's Introduction

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