



Inspiration for the Dance of Life

Holiday Season

The time is upon us...the holiday season has arrived! Are you already feeling stressed? Already holding your breath? Eating too many sugary yum-yums? Drinking one or four too many adult beverages to sooth your racing heart?

What can you do before you dive into the endless tank of stress? **DANCE**. What can you do when it dawns on you that you are fully submerged in the shark tank of stress -without your super hero scuba gear? **DANCE** .

Dancing is one of the finest gifts we can give to ourselves:

- **lowers blood pressure**
- **creates a fabulous rush of endorphins -- elevating mood**
- **brings the corners of the mouth up -- releasing 30 facial muscles**
- **enhances our experience of the world**
- **produces better physical balance**
- **promotes joy in the body, mind, and spirit**
- **juices our muscles**
- **oxygenates the brain and body**
- **has a tendency to rocket our self- confidence (sans lampshade on head)**

In the midst of all that is happening...dance. Get up! Get up and bust-a-move right now, right where you are! Turn the music up and let 'er rip...because you can! (Excerpt from Kimberly's book, **Inspiration for the Dance of Life: Women Discovering their own Soul's Dance**©)

Take good care,

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