It Takes Two to Tango: Achieving Peak Performance in Dancing with Eft (Emotional Freedom Techniques) (Paperback)



Filesize: 3.96 MB

Reviews

A really amazing pdf with perfect and lucid reasons. This really is for anyone who statte there was not a worth reading through. Your daily life span is going to be transform when you comprehensive looking at this book.

(Malachi Braun)

IT TAKES TWO TO TANGO: ACHIEVING PEAK PERFORMANCE IN DANCING WITH EFT (EMOTIONAL FREEDOM TECHNIQUES) (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. For Amateur and Professional Dancers: Ballroom, Latin, Ballet, Jazz, Hip Hop and more ***** An easy-to-follow method for boosting peak performance ***** Are you a professional or amateur dancer who is passionate about dancing? Are you proud of what you do and are you continuously striving to improve your skills? ***** You know, of course, that instruction and practicing are your most important tools. There is, however, an exciting-and easy-way to boost peak performance in dancing. It is called EFT (tapping). ***** EFT (Emotional Freedom Techniques) is a body/mind healing method that uses tapping with the fingertips on specific points of your energy meridians while you are tuned in to your thoughts and feelings. In short, EFT is a form of mindful acupressure. It allows you to work with physical discomfort, limiting beliefs, and negative emotional intensity. creating the space for shifts and wellbeing to occur. ***** This book, written by a certified EFT practitioner who is a ballroom dancer herself, will teach you how to integrate EFT in your practice of dancing. It s easy, it s natural, it s rewarding. Her consultant contributes his expertise from the dance pro s point of view.

- Read It Takes Two to Tango: Achieving Peak Performance in Dancing with Eft (Emotional Freedom Techniques) (Paperback) Online
- Download PDF It Takes Two to Tango: Achieving Peak Performance in Dancing with Eft (Emotional Freedom Techniques) (Paperback)

See Also



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and...

Download Document »



A Parent s Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know...

Download Document »



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been...

Download Document »



Ellie the Elephant: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is...

Download Document »



Peewee the Playful Puppy: Short Stories, Jokes, and Games! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a children s book that is highly entertaining, great...

Download Document »