

(7) DVDs Exercise with African Healing Drumming amp Dancing DVDs (55 USD)



Location **Hawaii**
<https://www.genclassifieds.com/x-586775-z>

Exercise, lose weight and heal yourself with African Drumming and Dance and connect body, mind and spirit while learning to move with passion, joy and grace.

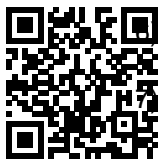
This is a fun way to lose weight, build stamina and increase flexibility. Suitable for beginners and those already into movement and dance.

For those who have difficulty moving, use creative visualization to heal your body - by watching the dancers and absorbing the primal drumbeats you're re-programming your body and reminding it what it is capable of. Or slow each movement way down to "tai chi" speed and generate healing energy throughout your entire body.

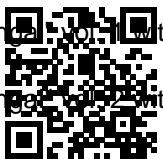
You'll get hooked combining movement to drumming and boy, will you feel good!!!

All DVD's in LIKE NEW, NO SCRATCHES condition.

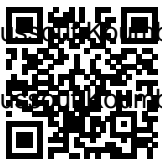
- 1) "African Healing Dance" with Wyoma, dancers and drummers of Damballa
- 2) "Dance-Drumming of the Anlo-Ewe" featuring The Ghana Dance Ensemble"
- 3) "Takai" - Dagomna drum instruction - 2 disc set
- 4) "Traditional Dances of Ghana? with Nana Yaw Korangent and Aziza Music & Dance Ensemble
- 5) "West African Dance" vol. 1 with Abdoulaye Camara



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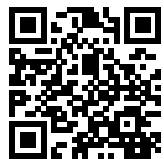
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