

# Torah In Motion: Creating Dance Midrash

## Unveiling the Tapestry of Sacred Movement

In the realm of spiritual expression, there's a sanctuary where the written word takes flight, where ancient texts dance to life - a realm where Torah In Motion resides. This groundbreaking book by dance visionary Naomi Less invites readers to embark on an extraordinary journey, bridging the gap between sacred Jewish teachings and the expressive language of dance.

## The Essence of Dance Midrash

Dance midrash is a sacred art form that weaves together the profound wisdom of Jewish texts with the evocative power of movement. It's a living interpretation, where the physicality of dance becomes a conduit for spiritual exploration. Through this transformative practice, ancient texts are imbued with new meaning, offering fresh insights and personal connections.



### Torah in Motion: Creating Dance Midrash by Susan Freeman

★★★★☆ 4.5 out of 5

Language : English  
File size : 2337 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 298 pages  
Lending : Enabled

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## **A Journey of Discovery**

Torah In Motion guides readers through the multifaceted world of dance midrash. With detailed instructions, practical exercises, and inspiring stories, Naomi Less equips dancers, choreographers, and seekers alike with the tools to create their own sacred movement pieces. Each chapter delves into a different aspect of dance midrash, from crafting compelling narratives to exploring the body as a vessel for divine expression.

## **Exploring the Sacred through Movement**

Through dance midrash, readers will discover how movement can illuminate the depths of Jewish thought and tradition. From the Genesis creation story to the Exodus journey, the book offers a unique perspective on biblical narratives, revealing their relevance to our contemporary lives. The physicality of dance becomes a catalyst for unlocking spiritual insights, fostering a deeper understanding of the sacred.

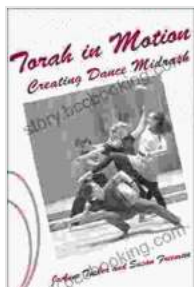
## **A Transformative Tool**

Torah In Motion is not merely a manual for creating dance midrash; it's a transformative tool that empowers individuals and communities to connect with their spiritual roots. By engaging with the book's teachings, readers will discover the healing power of movement, the joy of expressing their spirituality through dance, and the profound impact it can have on their lives and the world around them.

## **Join the Movement**

Torah In Motion is an invitation to explore the intersection of sacred texts and sacred movement. It's a call to awaken the dancer within, to rediscover the transformative power of the body, and to join the global movement of

dance midrash. As readers delve into this extraordinary work, they embark on a journey of self-discovery, spiritual growth, and a profound connection to the divine.



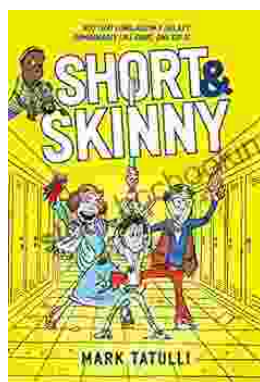
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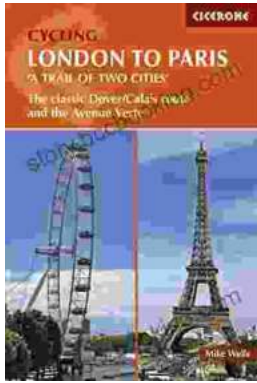
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