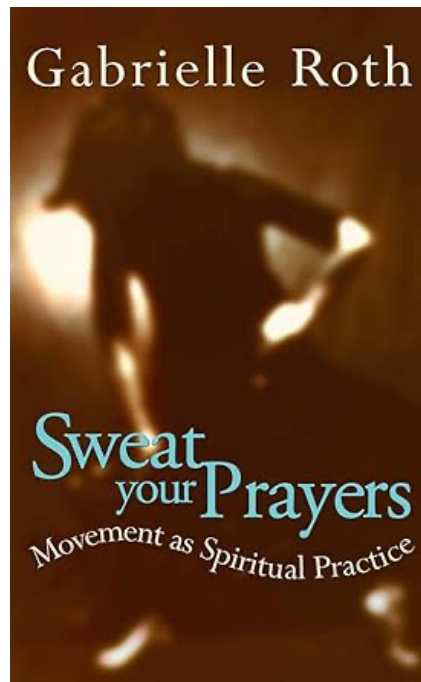


Susie's Suggested book of the Month



In 'Sweat your Prayers', internationally acclaimed movement and theatre artist, author and music producer Gabrielle Roth brings to us the ground-breaking insights of her lifetime of teaching personal and spiritual development. Her cutting-edge workshops have been attended by thousands worldwide, and now she offers this book to guide us to our potential for ecstasy.

Roth has harnessed the raw power of rhythm into a path of self-realisation which gives us a practice, a perspective and a philosophy that allow us to celebrate the wild, ecstatic dancer within.

This book is an expedition through five universal rhythms - flowing, staccato, chaos, lyrical and stillness. These rhythms catalyse motion deep in the psyche. Each is a practical tool of awakening that will release us to dance on the edge, to be outrageous, to transform suffering into art and art into awareness. Embracing the rhythms as spiritual practice is a dynamic way to free the body, to express the heart and to clear the mind.

Complete with useful, provocative tools and down to earth teachings, Sweat your Prayers is a radical new perspective on the architecture of the soul, revealing simple yet profound methods to integrate spiritual practice into everyday life.

It is Western Zen, a liturgy for life in the new millennium. This breakthrough book shares heartfelt stories of how the five rhythms have transformed people around the world.

This book is available on Amazon.

Susie Heath