

Moving Consciously: Somatic Transformations Through Dance, Yoga, and Touch by Sondra Fraleigh

Dance, Somatics and Spiritualities: Contemporary Sacred Narratives by Amanda Williamson, Glenna Batson, Sarah Whatley, and Rebecca Weber

Frog's Breathtaking Speech: How Children and Frogs Can Use the Breath to Deal With Anxiety, Anger and Tension by Michael Chissick

Firstly I would like to say thank you to Independence Dance and The Gill Clarke Resources Fund for awarding me these books that have already been so useful to me and will continue to be useful in the future.

The *Moving Consciously* and *Dance, Somatics and Spiritualities* books have been of great use to me during my final few months of my masters, I am currently doing a research project on rest in somatic explorations with a group of dancers and I have been able to use these books as reference points in both practical and theoretical settings. Elements of my practice led research brings me back to these books as the themes of my research are emerging- self agency, authority, imagination and the witness role in Authentic Movement. These two books were also on the recommended reading list for my masters course so it is lovely to be able to own some of the books that have been recommended.

Fraleigh includes some dance maps at the end of her book, which are ideas and starting points for somatic explorations to do on your own or with groups; these are great to have for personal practice as starting points of movement and also for the future when working with groups in somatic movement explorations and dance movement classes.

Also I would like to note another reason why now owning these two books is so helpful for me, because my course is a part time course I do not live close to my university (nearly 300 miles away) and so loaning books from the library for long periods of time in between contact hours at university has been difficult, many of the somatic and dance books are short term loans so to know that I have rich resources just on my bookshelf is great. This allows me to just dip in and out of these books whenever needed. *Dance, Somatics and Spiritualities* is a collection of articles and essays which encourages the reader to read elements of the book, not needing to read it cover to cover, so I know that this book will get read over and over again, whenever certain essays speak to me, resource me and inspire me.

The final book to talk about is the *Frog's breath taking Speech*, which teaches you yoga breathing techniques through a story of a frog who has to give an important speech to give in front of people. It is a children's book to be read aloud, for the children to learn some breathing techniques to be able to cope with situations where they may feel nervous, angry, worried or afraid. It encourages the children to self-regulate, express their feelings and thoughts in a safe way and understand how breathe work can help them in school and outside of school too. Having read this book myself now a few times to familiarise myself with the techniques and the story I am looking forward to introducing it in the schools I work in (in dance and movement) as well as private classes and to see what the children make of it and to explore with them their breathe, the different animals in the story and encourage them to use these techniques to express themselves and also calm feelings that may feel overwhelming.

All three of these of these books will resource me in my future, past finishing my masters and into my career and I am very grateful to have been given these by the Gill Clarke Resources Fund.