

Through working in the field of Dance and Health, and more recently exploring the potentials of dance during cancer recovery, I have found these books and the life works of Anna Halprin very inspiring. Halprin has spent many years shaping a holistic practice in dance facilitation as a healing art, and the detailed writings of Poyner and Worth have provided a rigorous insight into the foundations of her work.

Having faced cancer herself, Halprin has been at the forefront of investigation into how dance and art can support people to manage and recover from the disease. Her findings and unique approach to dance and healing has left a fascinating wake of knowledge for others to draw from. In addition to this, I have found Halprin's engagement with community dance and the natural environment during the birth of modern dance in America particularly forward thinking.

I share with you below a passage Halprin wrote in 1994, which I find somewhat poignant:

"The wisdom of dance and the body contains resources that can provide us with tools for the survival of life on this planet.... Through dance we can rediscover a spiritual identity and community we have lost, and the work of making this dance current, immediate and necessary continues to be of the greatest importance."

Preface, *Moving Toward Life*

I'd like to say a big thank you to Independent Dance for awarding me with the Gill Clarke Resources Fund 2016, and for remaining an unwavering and essential part of the dance community, your hard work is extremely valuable and appreciated.