



Joneeba! The African Dance Workout

A. Djoniba Mouflet, Djoniba Mouflet

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This book bridges the gap between exercise and dance, integrating stretching and toning as well as fluid, energetic dance movements from Guinea, Senegal, and the Congo to the Caribbean. Making the mind-body connection through rhythmic drumming, the lure to exercise is irresistible. Incorporating body, mind and spirit, the traditional African dance movements provide the perfect holistic workout. It will show the novice how to develop and get in touch with their own sense of rhythm, how to breathe properly, how to listen to a drumbeat, the five basic hand clapping rhythms, and the proper body moves. Detailed photos and diagrams will demonstrate the easy-going movements of Sounou, the sensuous movements of Soukous, the funky rhythm of Koukou and the explosive power of Manjiani and Dundunba.

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