



# Trance Dancing with the Jinn: The Ancient Art of Contacting Spirits Through Ecstatic Dance

*Yasmin Henkesh*

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Yasmin Henkesh

**Trance Dancing with the Jinn: The Ancient Art of Contacting Spirits Through Ecstatic Dance** Yasmin Henkesh

Discover how to use trance-dancing to communicate with spirits, alleviate depression or other illnesses, and live a richer life. This is a how-to, hands-on guide from an expert teacher who has trained and danced with top dancers and musicians in Paris, London, and Cairo.

Join Yasmin Henkesh on an exploration of religious and spiritual dance traditions from around the world, including the jinn and zar ceremonies of Egypt and the whirling dervishes of the Sufis. *Trance Dancing with the Jinn* also includes a complete course on trance dancing in your own home that is a safe and effective way to connect to spirit and have a lot of fun in the process.

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