



# **instructor** **TRAINING MANUAL**

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# Cueing Zumba Instructor Training Manual

**Sharon Henderson, Ann Arbor  
Transportation Authority**



## **Cueing Zumba Instructor Training Manual:**

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*Facilitator Training Manual* Jamie Marich, 2013-08-18 The Dancing Mindfulness Facilitator Training Manual is the current weekend training manual used by Dancing Mindfulness creator Dr Jamie Marich during weekend facilitator trainings. Although reading this manual does not make one eligible for certification without taking the live training, it can be helpful to those interested in the Dancing Mindfulness practice. The video version of the practice, available for the holiday season 2013, used together with this manual can help interested parties facilitate a practice in their own community. Formal facilitation training is not required, only suggested.

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