

Dance therapy program helps after mastectomy

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chest muscles.

Next, McAghon and Jean Clay, another breast cancer survivor and a Reach to Recovery volunteer, discuss how the movements have helped them in their recovery. Sponsored by the American Cancer Society, Reach to Recovery is a program that helps women who have had mastectomies.

"It's really quite warm, I think," MacCubbin says of the video. "It's straight from the heart."

A 20-minute instructional segment follows.

"It invites the viewers to watch, then try some movements," MacCubbin says. "We show them that as they try these movements, they will gain a greater range of movement and flexibility. I hope they'll find it to be relaxing, and in relaxing, tap into their inner resources to guide them to a sense of well-being."

The video sells for \$19.95 plus \$5 shipping and handling. MacCubbin will give copies to breast cancer support groups who invite her to speak on the healing power of Arabic dance.

"Bearing in mind the feelings of woundedness and vulnerability, I agreed that having a video presentation they could view in the privacy of their home might be a good first step toward healing," MacCubbin says.

"The style and history of this dance leads people to believe they must have some kind of glorious image in order to even try it. But what it is is really just tapping into your own soul and into wo-



Monica McAghon of Easton, who had a mastectomy in January 1999, goes through the movements of Arabic dance.

PETE SHAHEEN / The Morning Call

men's healing rituals."

Although "Healing Dance" is aimed at breast cancer survivors, Arabic dance offers benefits for everyone, says MacCubbin.

"This dance is a healing tool

for women — all ages, shape and sizes — seeking psychological, spiritual, emotional, or physical balance," she says. "It rebirths a heightened sense of femininity and self esteem."

To order *Healing Dance* or for

more information, access MacCubbin's Web site at www.Tahya.com/ or call her at 610-776-7045.

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