

Aflame with Sensations

BODYLOGOS = The Body's Divine Wisdom

It is a Practice and a Lifestyle outlined in *The Art of Strength: Sculpt the Body ~ Train the Mind*



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by Hiie Saumaa – BodyLogos Instructor

“Just thinking about exercising makes me feel tired.” This is how a handsome, stylish, and strong looking man in his late 40s, with an arresting smile and a magnetic personality, answered my question of what he does for exercise. “I run to catch the bus,” he added. I had just stepped out of a joyous dance class where we had moved to jazz, hip hop, pop, and waltz rhythms. The choreography was easy, with plenty of room for free expression and play. There