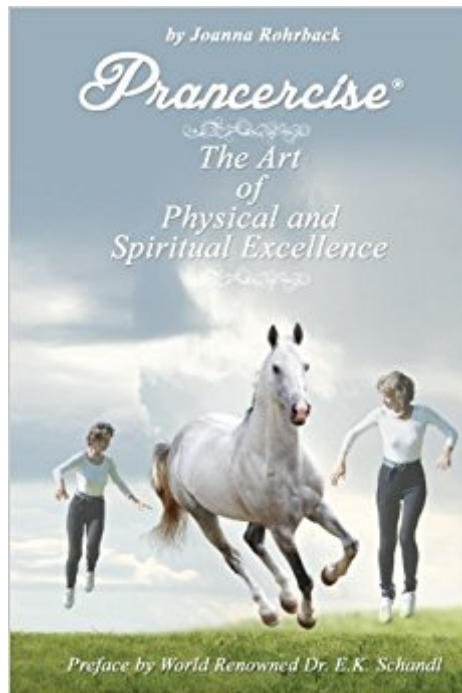




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# **Prancercise: The Art Of Physical And Spiritual Excellence**



## Synopsis

Prancercise™: The Art of Physical and Spiritual Excellence, is a whole new way of thinking and approaching fitness. To be really fit we need to consider more than just ourselves; we need to also consider the conservation of the environment (as through vegetarianism), and non-violence, through our thought process and behavior. This book is a true literary resource well researched and documented, not just propaganda. It's a recipe for fitness, health, and self-fulfillment!

## Book Information

Paperback: 128 pages

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Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 84 customer reviews

Best Sellers Rank: #769,630 in Books (See Top 100 in Books) #121 in Books > Health,

Fitness & Dieting > Exercise & Fitness > Aerobics #22162 in Books > Religion & Spirituality >

New Age & Spirituality

## Customer Reviews

ABOUT THE AUTHOR: Joanna graduated Westchester Community College with an Associates in Science degree and attended The University of Miami School of Nursing. She went on to graduate Florida Atlantic University receiving a Bachelor's degree in Health Services. She Subsequently worked as a Social Worker for the State of Florida for several years and then a Realtor. Joanna took some "time-out" to create her Prancercise™ Program in 1989 as well as the video Funky Punky's Prancercise Program ,which she copyrighted . Shortly thereafter ,she founded the Vegetarian Advocate's Group educating people on the health and planetary benefits of this discipline. She finished and copyrighted her book Prancercise™:The Art of Physical and Spiritual Excellence as an unpublished manuscript in 1994. Ms. Rohrbach went on to facilitate a Food Addictions Support group and organized and ran the Citizen's for Democracy Group. She did research for Jennifer Van Bergen, a Journalist and had her own article published in The SunCoast Eco Report(Feb./March 2003).She donates time consulting the Elderly and Disabled on the benefits of holistic medicine and supports environmental issues facing her community; she is

currently owner/manager of Prancercise,L.L.C. and prancercise.com through which she teaches her novel aerobics and does Wellness coaching.

This book finally let me experience my inner-horse. I was like a child again, prancing through the woods. At one point, I was convinced I had 4 legs. A smile radiated from my face. I punched the sky, knowing that I was free.Call me Prancer, for I walk my path with joy.

I should have known from the cover that I'd open this book to find a bit of a mess inside. I quickly got annoyed that there was a registered trademark symbol next to the word "Prancercise" EVERYTIME it was written. It drove me to the point of insanity- so I closed the book and haven't finished it. God bless Joanna Rohrback.

I left my copy at our CrossFit Box (gym) as an addition to our library and it is a hit!

The writer clearly has a lot of baggage from her childhood, but the concept is wonderful. I have been prancercising in the pool and it feels wonderful. It is a great workout and fun to be a kid again.

I've lost 100 pounds!

:)

Gag gift. Sits on my coffee table as a conversation piece.

I was prancercing and accidentally pranced my way onto a rock and sprained my ankle. The doctor tried to shoot me! Stay away, unless you have strong legs.

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