
From: [REDACTED]
Sent: Sunday, November 23, 2014 3:54 PM
To: Jeffrey Epstein
Subject: Fun...

Happy holidays & a juicy piece below. Also - I'll be on [REDACTED], </iv>

Prediction: over the next 6 years, dance (ballroom, tango, etc) will rise in popularity just like yoga did... Classes, in schools, with all ages.

This will be seen as an anti-dote to everything from depression to dementia... Gradually, it will also be realized that the impact of dance on cognition & the nervous system are as powerful as any/all "brain exercises."

<=pan style="-webkit-text-size-adjust: auto; background-color: rgba(255, 255, 255, 0); ">This is one of the true antidotes to time spent online because of the way dance gets us breathing, moving - it supports the autonomic nervous system.

Dance & rhythm exercises, cross pattern body exercises (like "cup song" tutorials or cross-lateral exercises on YouTube) are a significant part of what I do following a flu-like jaw flare up. These make a huge difference both in energy levels and cognition.

<http://www.theguardian.com/stage/dance-blog/2014/nov/20/dance-for-parkinsons-disease-capturing-grace-therapeutic-benefits>
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