AMSTERDAM BOOK CLUB

PRESENTS

AUTHOR FEATURE & BOOK DISCUSSION

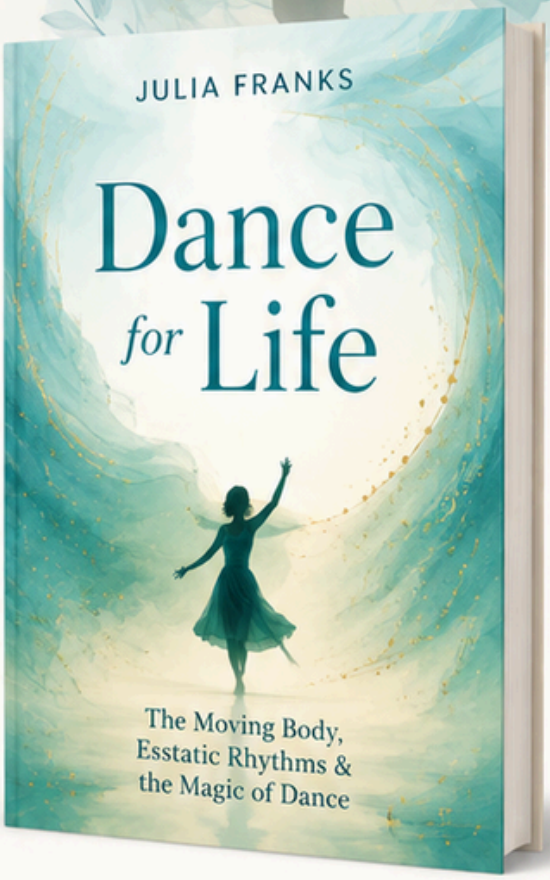


Dance for Life

The Moving Body, Ecstatic Rhythms & the Magic of Dance

by

Julia Franks



> *"Rediscover the transformational power of movement, connection, and the joy of dancing."*

SATURDAY
18 JULY 2026

5:00 PM

AMSTERDAM, NETHERLANDS

Join Amsterdam Book Club as we explore ***Dance for Life***, a thought-provoking book that examines how dance shaped human evolution, strengthens connection, supports wellbeing, and reminds us that movement belongs to everyone.

Featuring

JULIA FRANKS

Psychotherapist • Conscious Dance Leader • Author

AMSTERDAM BOOK CLUB

Connecting Readers. Celebrating Authors.