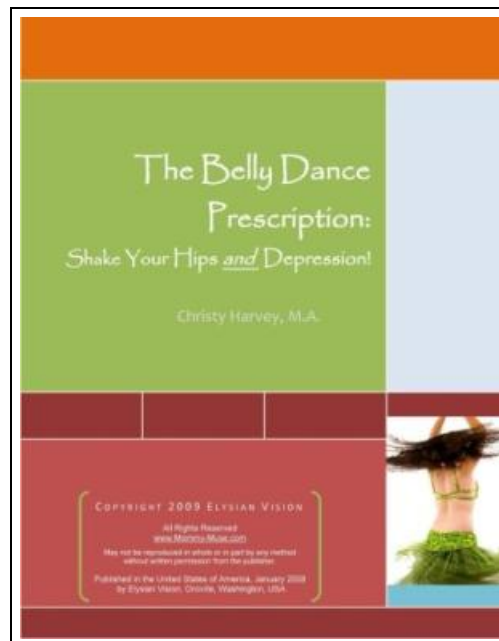


The Belly Dance Prescription: Shake Your Hips and Depression! (Paperback)



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Reviews

Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe.

(Natasha Rolfson)

THE BELLY DANCE PRESCRIPTION: SHAKE YOUR HIPS AND DEPRESSION! (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Embark on a journey into the magic of belly dance for empowering your life and nourishing your soul. I will guide you as you learn about the origins of this ancient art, discover the physical and emotional benefits of belly dance, understand what modern day research has to say about conquering mood disorders through exercise, and open a treasure chest of resources just waiting to be explored! Until you read your copy, consider this. Belly dancing is my top recommendation for exercise and self-expression for prenatal and postpartum women. I love to watch and participate in dance wherever it finds me. I have found that most dance forms which are typically accepted as serious art, including jazz and ballet, have a narrow range of acceptable body types. Pregnant and postpartum women with rounded bellies and a new fullness to their hips may be uncomfortable trying to fit inside these strict parameters. Movements that leap and extend away from the earth with long, straight lines do not come naturally to the rounded, feminine form. Belly dance, on the other hand, consistently helps women of all shapes and sizes express their emotions and feel beautiful in their own skin. In my role as belly dance instructor, women often approach me to say they are too fat, too thin, uncoordinated, or unattractive because of stretch marks and caesarian scars. I tell them to come on in and give it a try. A wonderful process unfolds as women enter into a supportive group environment and begin to accept themselves. New dancers expand their energy, strengthen and lengthen their bodies, increase their endurance and reclaim healthy self-expression. Rather than sucking in their stomachs and being ashamed of taking...



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