

The Benefits of Belly Dancing

- Belly Dance is suitable for women of all ages, shapes and sizes as the movements are very natural to the female form.
- The low impact movements are gentle on the joints. The fluidity of the movements lubricates the joints, leading to increased flexibility.
- The dancer gains muscular strength, improved circulation and suppleness while learning to isolate different parts of the body.
- The movements also improve coordination, grace and correct posture alignment.
- Endorphins are released into the bloodstream while dancing. These endorphins are the body's way of naturally healing stress and improving psychological health.
- The dance is both relaxing and rejuvenating. Repetitious swaying, circular and flowing movements clear the mind and induce a state of mental relaxation, similar to a state of meditation.
- Learning the variety of dance combinations is an enjoyable way to stimulate the mind and increase concentration.
- The dance stimulates the blood flow. The soothing movements help to alleviate congestion in the abdominal and pelvic areas.
- It has become a popular form of rehabilitation exercise recommended by physical therapists for pelvic and lower back problems.
- The basis of the core moves is always the center, just below the navel. In esoteric arts the place is known as the second chakra. The belly chakra is about creativity, manifestation, birthing and power. While dancing, the chakras are stimulated as energy travels through them.
- Belly Dance teaches women to accept and celebrate their bodies as they are, boosting self-esteem in a powerful way. Women discover their inner beauty, embrace their sensuality and reclaim their feminine strength.

“Everything in the Universe has rhythm. Everything dances.”

- Maya Angelou