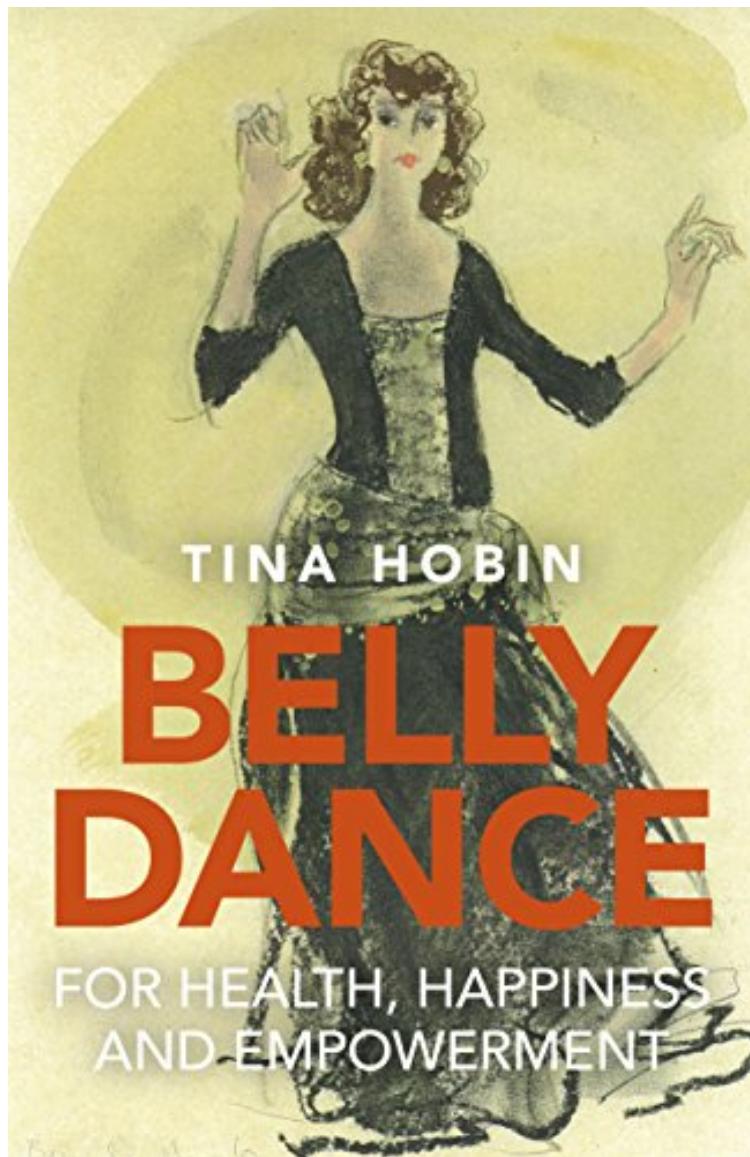


(Free download) Belly Dance for Health, Happiness and Empowerment

Belly Dance for Health, Happiness and Empowerment

Tina Hobin

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Tina Hobin : Belly Dance for Health, Happiness and Empowerment before purchasing it in order to gage whether or not it would be worth my time, and all praised Belly Dance for Health, Happiness and Empowerment:

The intention of this book is to inspire men women to enhance their self-awareness, to overcome common health problems and improve their health and general wellbeing through the ancient art of the belly dance. It helps readers to understand how the body works, the root causes of illness and how by taking up belly dancing it will help to stimulate

the body's healing process, restore and enhance their appearance, revitalize, rejuvenate and help to promote a longer life expectancy and independence in old age.

About the AuthorChristine Hobin pioneered the belly dance in the UK and is affectionately described as Mother of the Belly Dance. She is acknowledged as one of the greatest exponents of the dance, combining its considerable aspects together with exercise and entertainment. Over the years she has maintained a high profile and become well known for her guest appearances on TV and radio and regular features in the national press.