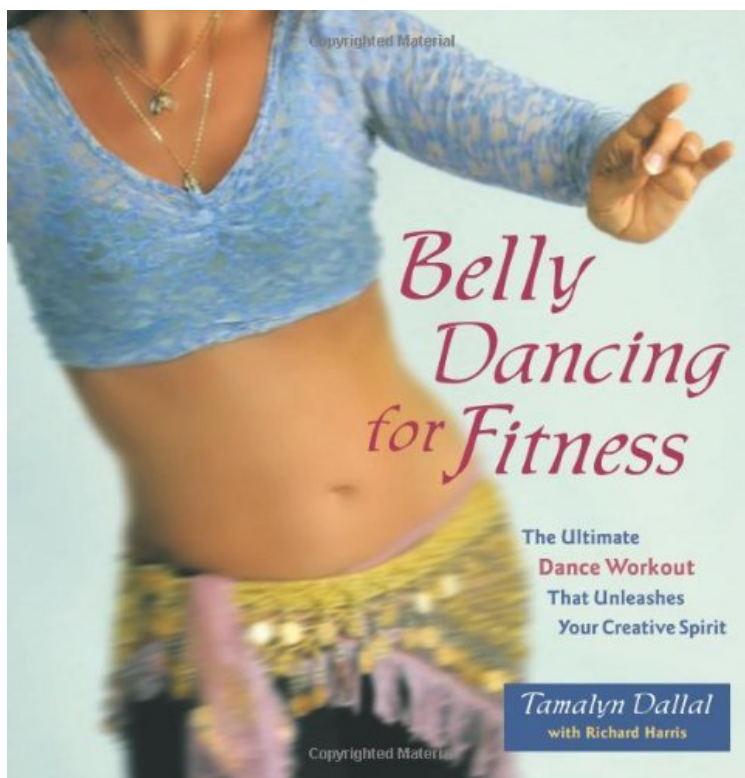


[Free and download] Belly Dancing for Fitness: The Ultimate Dance Workout That Unleashes Your Creative Spirit

Belly Dancing for Fitness: The Ultimate Dance Workout That Unleashes Your Creative Spirit

Tamalyn Dallal

**Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



READ ONLINE

#1051822 in eBooks 2009-05-01 2009-05-01 File Name: B003ODHOTA | File size: 41.Mb

Tamalyn Dallal : Belly Dancing for Fitness: The Ultimate Dance Workout That Unleashes Your Creative Spirit before purchasing it in order to gauge whether or not it would be worth my time, and all praised Belly Dancing for Fitness: The Ultimate Dance Workout That Unleashes Your Creative Spirit:

0 of 0 people found the following review helpful. A lot of great information all in one place By Terri I am fairly new to belly dance and this book gives a lot of good information about executing moves and gives the proper names to some of the moves I have already learned in classes I have attended. I found it easy to follow the directions for the various moves. I appreciate all the information about belly dancing, its history, music, costuming and fitness benefits, contained in this book. It also has a lot of good resources listed in the appendix of the book. These resources have led me to many places on the internet where I can continue to learn about belly dance. 0 of 0 people found the following review helpful. Great Buy By Sophi301 I am really enjoying this book, the author takes time to give you the history of the dance and how it has evolved in different cultures and styles. She even goes into the history of the music, giving the reader a full-scope of the art of belly dance. The book also has pictures and step-by-step instructions for each movement. There are also combinations and explanations for each instruction. I wish it came with a DVD. The book covers the basics, so anyone looking for something more advanced, this isn't the book for them. 1 of 1 people found the following review helpful. Great Book! By GML Great Reading Great instruction! If you are starting classes in belly

Dance. This book is a must have! It has all the basic moves, terminology and pictures that are most helpful when you are at home practicing one on one with yourself. Very informative on all aspects of this dance. From basic fitness and flexibility to zills and rhythms its got it all here. I highly enjoyed reading and will continue to reference this book whenever possible.

Start with a healthy aerobic workout. Add the fun of dancing. Spice things up with exotic music, the twirl of silk, and the rhythmic clapping of finger cymbals. Top it off with a path to rediscovering one's feminine nature and creative spirit, and you have Belly Dancing for Fitness. Many women find belly dancing the most enjoyable way to get in shape while simultaneously getting in touch with their bodies and tapping their spirituality. Belly Dancing for Fitness shows how this alternative dance-exercise can be as easy and fulfilling as yoga. Belly dancing includes floor gymnastics, back bends, poses, and stretches. The book also outlines how to synchronize one's breathing and coordinate the mind and body. Drawing from her years of experience as a world-famous teacher and performer, the author discusses the history and culture of belly dancing. She then carefully leads the reader through each skill level of this increasingly popular exercise art form.

About the Author Tamalyn Dallal has worked as an instructor, performer and choreographer for more than 20 years. A former Ms. America of Belly Dance, she has danced and taught in over 25 countries, choreographed and performed in the Super Bowl halftime show and produced the series "Belly Dance" for PBS television.