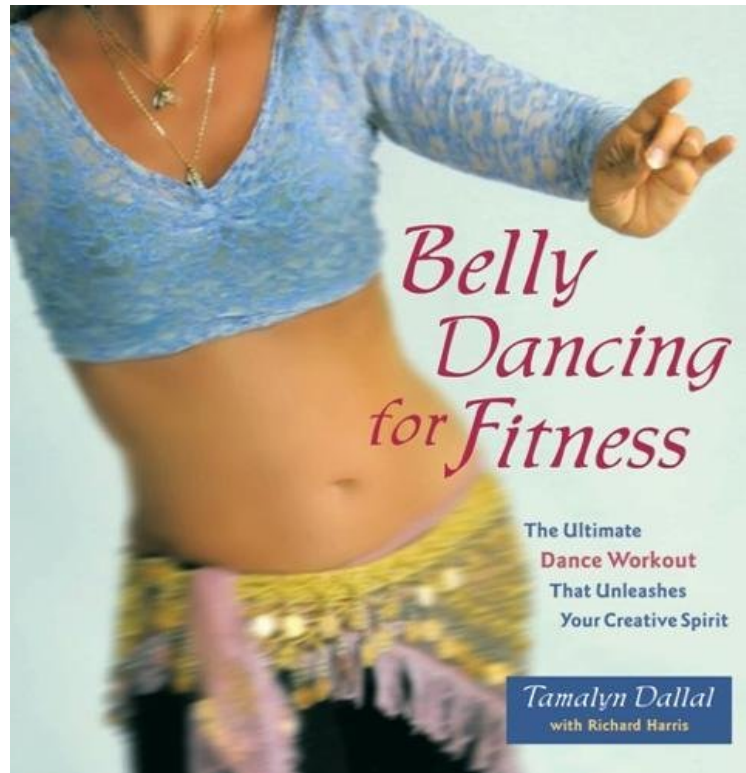


(Mobile book) Belly Dancing for Fitness: The Ultimate Dance Workout That Unleashes Your Creative Spirit

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

Tamalyn Dallal

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#924356 in Books Tamalyn Dallal 2004-09-21 2004-09-21 Original language: English PDF # 1 8.62 x .33 x 8.381, .63 #File Name: 1569754101144 pages Belly Dancing for Fitness The Ultimate Dance Workout that Unleashes Your Creative Spirit | File size: 39.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 GMLGreat 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 AuthorDrawing from her years of experience as a world-famous teacher and performer, the author explains the history and culture of belly dancing. She then carefully leads the reader through each skill level of this increasingly popular exercise artform. Beginning classes when she was still a teenager, Delilah Flynn learned the art of bellydancing from pioneering American belly dance instructors. In 1997, Delilah won the International Academy of Middle Eastern Dance award as Belly Dancer of the Year, and in 2003 she performed in over 20 cities throughout the U.S. She has made 15 instructional videos and regularly leads ten-day "Visionary Belly Dance Retreats." She lives in Seattle, WA.