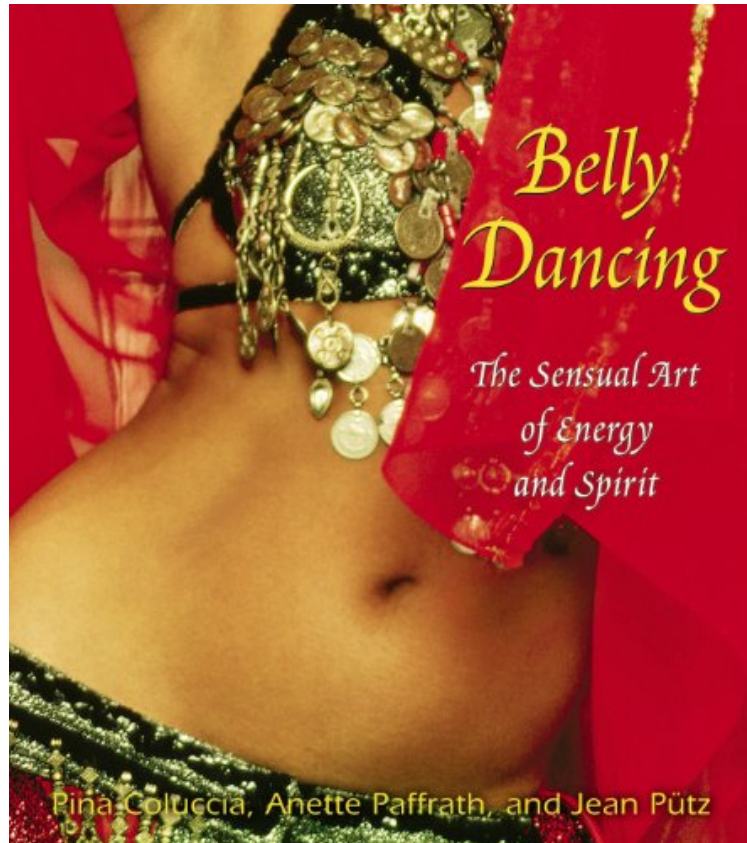


[Pdf free] Belly Dancing: The Sensual Art of Energy and Spirit

Belly Dancing: The Sensual Art of Energy and Spirit

Pina Coluccia, Anette Paffrath, Jean Ptz
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Pina Coluccia, Anette Paffrath, Jean Ptz : Belly Dancing: The Sensual Art of Energy and Spirit before purchasing it in order to gage whether or not it would be worth my time, and all praised Belly Dancing: The Sensual Art of Energy and Spirit:

3 of 5 people found the following review helpful. Fluffy, irrelevant, pretty uselessBy transponderI bought this book, looked through it fairly thoroughly (reading every word would clearly be a waste of time in this case), and threw it out. There is precious little instruction or indeed *information* in this book. What little instruction it provides is inadequately illustrated or not illustrated at all; and given my lack of enthusiasm about the book as a whole, I have already bought another book of better value and will instead get my instruction from that (Belly Dancing For Fitness by Tamalyn Dallal). What we have instead is a lot of guff about goddesses, a lot of gratuitous swipes at Western attitudes and history (which the authors of the book clearly don't understand), too much talk about the pelvic floor muscles and female genitalia (we got the idea; no need to belabor it in graphic detail), too much about pregnancy (sort of a niche subject for a book this size) and dancing with snakes (same). On the other hand, I saw nothing about actually playing the zils (finger cymbals). There was instead a totally irrelevant section at the end about chakras and Middle Eastern food, which has nothing at all to do with learning to belly dance. One has to wonder what the publisher

was thinking. If this book was simply devised to 'get one in the mood' and revel in the naughty daringness of it all, I suppose the book takes a step in that direction. Personally I found it annoyingly beside-the-point, unhelpful, flaky, and a waste of time and money. 0 of 2 people found the following review helpful. Belly Dancing Book By Peggy I was very pleased with this book, it was in excellent shape and I received it quickly. 21 of 21 people found the following review helpful. A brilliant taster of oriental dance! By I. Raspe Belly Dancing: The Sensual Art of Energy and Spirit by P. Coluccia, A. Paffrath and J. Putz: While still wondering, should I try oriental dance perhaps? ... I came across this book, and I found it a very encouraging and easy-to-understand introduction for beginners or those who consider taking up belly dance. It gives you a lot of background and history and has great photos. There are very interesting chapters on oriental dance for children, and how it can be helpful for women with painful periods. Next, the movements are explained and illustrated with photos so that even a complete beginner can try them with some success! But the book doesn't stop there, it also has interesting chapters on Eastern music, scents and, yummy!, some great recipes. The book certainly won't replace a good class, but if you want a taster of oriental dance, why not start here! It certainly got me started.

A comprehensive guide to the art of belly dancing Covers the origins, mythology, and history of the Middle Eastern dance, including its physical and mental health benefits Contains practical instructions with easy-to-follow photographs Includes recipes for perfumes, cosmetic creams, and food from the Middle East Belly dance is pure sensuousness and has enchanted humans since ancient times. Yet beyond its erotic aspects, belly dancing offers many physical and emotional benefits. On the physical level it helps with muscle stiffness, autonomic nervous system disturbances, mobility of the abdominal region, and strengthening the back, which in turn enhances the body's overall posture. Belly dancing also relieves menstrual problems and has been shown to be extremely useful during pregnancy and childbirth. On the emotional side belly dancing increases the libido and has enabled women to overcome self-esteem issues and regain healthy feelings of sensuality and sexuality. Belly Dancing covers all aspects of this ancient art, beginning with its origins and mythical connections to the moon goddess. The authors provide practical instructions and easy-to-follow photographs for the most important dance movements as well as guidance in costuming and related accoutrements. Additional information on foot reflexology and Indian chakras aid the further understanding of the art. The book also contains recipes for Middle Eastern perfumes, cosmetic creams, and food as well as suggestions for musical accompaniment.