



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

*Tamalyn Dallal*

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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.

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