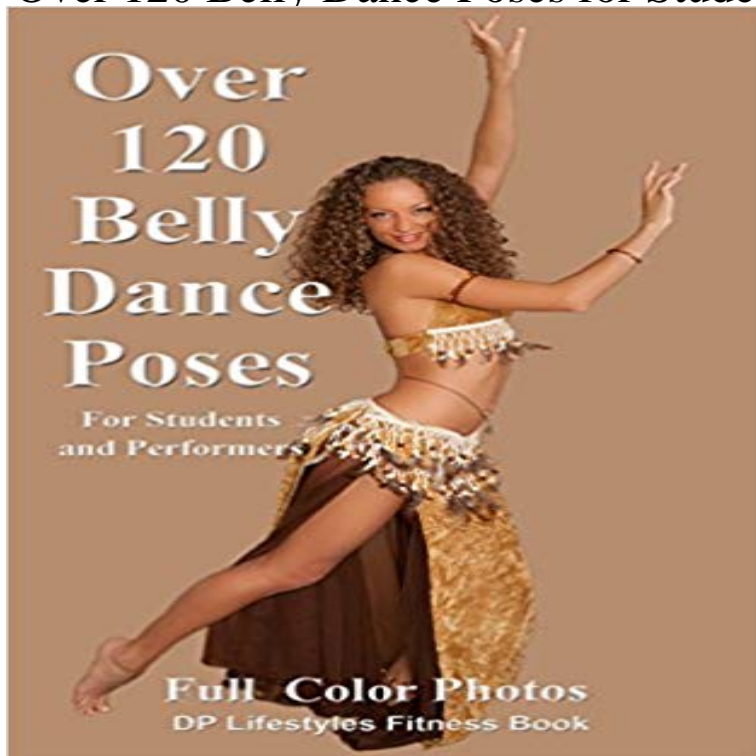


## Over 120 Belly Dance Poses for Students and Performers



Belly dance is more than entertainment and elegant costumes. It is a non-impact, weight-bearing exercise suitable for all ages. Weight-bearing exercises, like walking and climbing stairs, can reduce or prevent osteoporosis. Belly dance moves can also improve torso flexibility, and strengthen the spine and abdomen. Belly dance is improvisational dancing. This book includes a brief introduction to belly dance and its health benefits, and over 120 full-color simple to advanced poses by a professional belly dancer to help you study belly dance poses and enhance your dancing. Over 120 belly dance poses is for anyone considering learning belly dance, studying belly dance, or looking to incorporate new body, leg, arm, and hand positions in your dance.

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