



Top 10 Wellness Benefits of Bellydance

1. Belly dancing derives from movements that come naturally to the female form and consequently, the dance works with the female body's natural inclinations. This makes belly dancing accessible to women of all ages, shapes and sizes.
2. As belly dancing relies on the natural movement of the body, it is a beautiful way to discover and increase grace, confidence, and balance.
3. With the diverse movements and combinations of dances, belly dancing uses and tones all of the muscles in the body, making it an ideal form of exercise.
4. The constant shifting of the weight from one leg to other strengthens the ankles, knees, and hip joints. This makes belly dancing a weight bearing exercise and a beautiful way to prevent osteoporosis.
5. Because belly dancing is a gentle way to strengthen muscles and joints, it is an ideal way to rehabilitate the body after an injury (with the consent of your doctor).
6. Belly dancing's subtle movements increase the strength and coordination of those hard to reach small muscle groups in the torso, hips, and arms enhancing the natural grace and beauty of the female body.

7. Learning the variety of rhythms and movements is a fun way to stimulate mental activity, increase mental concentration and sharpness. This type of brain activity has been shown to help prevent diseases such as Alzheimer's.
8. The movement of the muscles and joints together release lactic acids stored in the body – acids that unreleased can cause stress related muscle soreness, aches and pains.
9. Belly dancing is a great way to increase the heart rate and get aerobic exercise, which leads to the release of endorphins—hormones that reduce stress and increase serotonin – creating a feeling of happiness and well being.
10. Designed for women, belly dancing allows women to discover their own beauty, allure, strength, and individuality while having fun!

Amira, International Emissary of Dance™, is inspiring women around the world to celebrate their lives and their bodies with joyful dance. She blends her love of Middle Eastern & Flamenco dance with the grace of yoga and the daring of fire-eating. She has an extensive background in medicine and wellness. Amira travels in the US, her native Estonia, and globally to perform and teach. Visit Amira's website for extensive resources and links to the world of Bellydance and for the latest schedule of her appearances and trainings near you.

<http://www.amirasbelly.com>