

40 Reasons you should BELLYDANCE

This article will break down the vast number of reasons Bellydancing is great for you. We all do it because we love it, but there are so many natural, physiological, cultural, lifestyle, physical and technical benefits that many may not be aware of. Please note, I am not a medical consultant so if in doubt about anything regarding your own health, please consult your a doctor or medical professional.

If my 40 reasons are enough to convince you of how great Bellydancing is, I hope to see you will sign up to my online classes at www.kamna.co.uk



LIFESTYLE BENEFITS

1. The different types, variations and origins of the dance encourage an awareness of different cultures and countries
2. Can be practiced in the comfort of your own home
3. Can be learned at any stage of your life – you're never too old!
4. It appeals to learners and performers of all ethnicities
5. It is a low impact exercise which means it is not strenuous on the body's joints. This means, if you practice it regularly and safely it can aid long-term health and well-being
6. You can meet like-minded enthusiasts
7. It's fun!



NATURAL BENEFITS

8. Is an ancient dance form which embraces all body shapes & sizes

9. It nurtures inner feelings rather than outer appearance

10. Promotes body awareness

11. Can assist personal insight into one's spiritual side

12. Is very expressive

13. Makes a dancer's feel happy

14. Can improve a dancer's overall confidence

15. Has the ability to make one feel sensual and feminine

16. As a result it can improve your sex life



PHYSICAL BENEFITS

17. Improves flexibility

- 18.** Increases stamina
- 19.** Tones and strengthens the body
- 20.** Uses all major muscle groups
- 21.** Suitable for pre and post-natal
- 22.** Can result in weight loss
- 23.** Can help improve one's posture
- 24.** Can help relieve back pain
- 25.** It is a good abdominal workout



TECHNICAL BENEFITS

- 36.** Enables dancer to control and isolate muscle groups
- 37.** Is as slow or fast as you want it to be (your pace)
- 38.** Can be different all the time via different styles and techniques

39. Performing is a great challenge and boost

40. Clothing – is fun to get dressed up but comfortable clothing for practicing

