



Quintessential Bellydance: Beginner Class Companion (Paperback)

By Evyenia Karmi

iUniverse, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you re looking for a fun, effective, low-impact workout that will build stamina, enhance flexibility, and improve your cardiovascular well-being, look no more. This gentle and effective dance is not only exciting to learn; it s also a great workout. Bellydance strengthens your core muscles gracefully, giving you new confidence in your body s natural sway and movement. These popular dance steps have been embraced by women of all ages everywhere. Here, Evyenia Karmi, an experienced dancer, teacher, and member of the International Dance Council, introduces students to the basic terminology and movements of bellydance. Through careful, easy-to-follow, step-by-step instructions, you can quickly begin learning the vocabulary of this ancient and beautiful dance. Once you master the basic steps, the addition of sultry veil work can add a whole new dimension and excitement to your experience and performance. This compact and easy-to-use guide is an excellent teaching tool, featuring a gentle warm-up routine, to prepare your body for this energetic workout experience. Create your own choreography or just have fun dancing! You ll learn basic arm movements, technique for both the upper and lower...



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