



10 Ways

Belly Dancing

Brings More Joy and Health into Your Life!

Vanessa Nixon

www.HerbsOfGraceHealingArts.com

Table of Contents

1 Improves coordination, flexibility and circulation

2 Elevates memory and brain function

3 Reduces depression and anxiety

4 Promotes positive body image

5 Helps women's bodies adapt to changes

6 Massages the internal organs

7 Relieves low back pain/Improves posture

8 Boosts confidence

9 Prevents osteoporosis and strengthen bones

10 Benefits sexual health



Discover the Magic and Power of Belly Dance

Belly Dance is a cultural form of creative and ritual expression. It is an ancient practice with roots in the Middle East, Mediterranean, and Northeastern Africa. It turns out that it is also an excellent form of exercise not only physically, but mentally and emotionally as well! Here are a few of it's many benefits...



1 Improves coordination, flexibility and circulation



The choreography of belly dance includes layering multiple movements of various muscle groups, which improves muscle tone, coordination, flexibility and circulation.



2

Elevates memory and brain function



Because belly dance movements involve isolating and layering movements of different muscle groups, it requires intense focus and concentration, which results in forming new neural networks in the brain, improving memory and cognitive function.



3

Reduces depression and anxiety

Studies have shown that movement, creative expression, music and community can lift and prevent depression and anxiety.



4

Promotes positive body image

A 2010 study stated that “while research on various forms of dance has emphasized unhealthy body image influences, belly dance offers a counter-example, indicating broad and inclusive body image norms, lack of pressure for body image conformity, and high levels of body satisfaction among dancers.”



5

Helps women's bodies adapt to changes

Traditional belly dance movements were designed to help a woman's body adapt to the changes she navigates in life including menarche, pregnancy and menopause.



6

Massages the internal organs



The focus of movement on abdominal and pelvic regions, massages and brings blood flow and tone to the area, resulting in better health of the organs situated there.



7 Relieves low back pain/Improves posture



The isometrics, posture alignment, and muscle control used in belly dance movements help relieve and prevent back pain and improve posture.



8

Boosts confidence

This form of dance is based on feminine, expressive movements that are designed to help you embrace your body as a woman. The freedom and sense of empowerment it brings is palpable.



9 Prevents osteoporosis and strengthen bones



Belly dance is considered a weight bearing exercise because the woman is moving around on her feet, which can prevent osteoporosis and strengthen bones.



10

It even benefits
sexual health!

Strengthening the core,
abdominal and pelvis muscles
results in better tone, blood
flow and energy to the sexual
organs of the body.



“

Dance to inspire,
dance to
freedom, life is
about
experiences so
dance and let
yourself become
free.

— Shah Asad Rizvi



Client Testimonial

Jacqui started working with me after dealing with autoimmune illness for many years and having suffered traumatic injuries from a near fatal accident as a young woman. In peri-menopause, she was suffering from brain fog and mood swings that were really affecting her quality of life.

Through our work, she had a number of epiphanies. She felt like she had been missing a puzzle piece... and that was belly dancing!

She came to a deep acceptance of herself and her body...a self-love she hadn't known before. She now looks at the experiences in her life as opportunities for growth and she's stepping into the next chapter of her life feeling empowered. And the key was movement!



"Midlife seemed like a fairly unknown and frightening dark time....I felt like I was looking at the JIGSAW PUZZLE of my life and there was 1 big piece missing. What suddenly slotted that "missing jigsaw piece" into place was the joy of belly dancing classes... "

Work With Me

BellyDancing thru Life Membership

Are you ready to add more joy and health to your life through belly dance?

Join my movement membership program for women who want to learn and practice the ancient middle eastern dance we call 'Belly Dance' for health, fun, enjoyment and as part of a lifestyle of true wellness, in community with other women

[CLICK HERE TO LEARN MORE](#)



Vanessa Nixon Traditional Naturopath



Professional credentials:

Doctorate in Traditional Naturopathy

Master's in Herbal Medicine

Certificate in Aromatherapy

Certificate in Nutrition

Certificate in Homeopathy

Certificate in Reflexology

Certificate in Iridology

Professional Middle Eastern Dance Performer and Instructor

Founder and CEO of Natural Look Mineral Makeup

[CLICK HERE FOR MORE WAYS TO WORK WITH ME](#)