

BELLY DANCING FOR FITNESS HARRIS RICHARD DALLAL TAMALYN%0A

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Start with a healthy aerobic workout. Add the fun of dancing. Spice things up with exotic music, the swirl of silk, and the rhythmic clapping of finger cymbals. Top it off with a path to rediscovering one's feminine nature and creative spirit, and you have Belly Dancing for Fitness. Many women find

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Belly Dancing for Fitness shows how this alternative dance-exercise can be as easy and fulfilling as yoga. Belly dancing includes floor gymnastics, back bends, poses, and stretches. The book also outlines how to synchronize one's breathing and coordinate the mind and body.

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Belly Dancing for Fitness shows how this alternative dance-exercise can be as easy and fulfilling as yoga. Belly dancing includes floor gymnastics, back bends, poses, and stretches. The book also outlines how to synchronize one's breathing and coordinate the mind and body.

[Tamalyn Dallal \(Author of Belly Dancing for Fitness\)](#)

Tamalyn Dallal is the author of Belly Dancing for Fitness (4.03 avg rating, 34 ratings, 4 reviews, published 2004), 40 Days And 1001 Nights, One Woman's

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Belly Dancing for Fitness shows how this alternative

dance-exercise can be as easy and fulfilling as yoga. Belly dancing includes floor gymnastics, back bends, poses, and stretches. The book also outlines how to synchronize one's breathing and coordinate the mind and body.

F Belly Dancing for Fitness af Richard Harris som bog P --

A comprehensive handbook to one of the most satisfying forms of exercise available to women shows readers how to turn this ancient dance technique into a workout, covering the physical as well as spiritual dimensions of belly dancing.

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She has written three books: They Told Me I Couldn't, Belly Dancing for Fitness (co-authored with Richard Harris), and 40 Days and 1001 Nights: One Woman's Dance through Life in the Islamic World. In addition, she has filmed and produced three dance and culture documentaries: 40 Days and 1001 Nights, Zanzibar Dance, Trance and Devotion, and Ethiopia Dances for Joy. Tamalyn lives and teaches in

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Add the fun of dancing. Spice things up with exotic music, the twirl of silk, and the rhythmic clapping of finger cymbals. Top it off with a path to rediscovering one's feminine nature and creative spirit, and you have Belly Dancing for Fitness. Many women find belly dancing the most enjoyable way to get in shape while simultaneously getting in touch with their bodies and tapping their