



Health benefits of Dance:

**Promotes memory and a Clear Mind
Builds Strength
Lifts your Spirits,
Antidote for depression
Improves Balance
Improves Heart
Lose Weight
Make Friends**

FLOWING ENERGY DANCE with B.B.

This is a helpful, handy, booklet to enhance your experience in my classes.



Let the rejuvenation begin!

Notes of what we'll do today.

1. Activating the chi/ energy exercise Swing with hands in gentle fists. It is important to gently hit kidneys (lower back area)
2. Activating under the arm where the spleen and gall bladder channels are. This is the most untouched area of the body. Gently tap down, up middle of body, opening up the channels in the body.
3. Open up and draw in energy- Turning the stars and moving the Big Dipper.
4. This is the most important movement in the warm up. Get in Horse stance, bend the knees and bounce. This movement activates the chi throughout the whole body. We'll do for a few minutes but at home if you can do this for 5-10 minutes it will be highly beneficial. * see benefits page

5. Large hip circles
6. Neck circles slowly
7. Vagus nerve neck stretch, eye movement (*The Vagus nerve is responsible for the regulation of internal organ functions, such as digestion, heart rate, and respiratory rate, as well as vasomotor activity, and certain reflex actions.)
8. Shake hands- just from the wrists, do vigorously. This movement opens up the channels to the brain, all arm movements run up into the head. Do 20 to 25 times. Also helps creativity.

Part 2 Belly dance steps and moves

Free flow dance!

Class: List of moves

1. Large hip circles in both directions with hopping

2. Small pelvic circles
3. Isolate hip circles in both directions
 4. Hip thrusts
 5. Infinity loop
 6. Undulations
7. Normal Shimmy, Shimmy 1, 2, 3 shimmy while walking, super shimmy. * see benefits page
 8. Las Vegas turn
 9. Basic Egyptian step
 10. Grapevine step
 11. Kick step
12. Hand Movements, Open curtains, Close curtains, Flower hands on head, Self-Caressing, Pyramid hands.

*Benefits of Vibration, Rebounding and YES shimmy dance!

Enhances digestion and elimination.

Stimulates metabolism.

Lowers elevated cholesterol and triglyceride levels

Reduces cellulite, stimulates Lymph System

Cellulite is frequently caused by a stagnant lymph system. By increasing the lymphatic flow in your body, rebounding can reduce one of the main factors that lead to non-hereditary cellulite.

Metabolic-supporting exercise.

It allows you to breathe freely as opposed to “breathless” exercise which can decrease your metabolism.

Keeps lost pounds off

Helps prevent emotional eating

Increases stamina to keep you going.
Helps you maintain stable blood sugar.

Burns calories

Has anti-inflammatory effects.

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