



Video Transcript

Belly Dance For Balancing The Sacral Chakra

Hello, I'm Shlamid with Gaia Goddess. Today, we are going to focus on balancing our sacral chakra. So a lot of times when we experience stress, anxiety, a lot going on in our life, we might get imbalance in this center of energy, which is in charge of creativity, passion, sensuality.

And then breathe the arms up, and exhale.

We're going to start moving their hips, side to side, side to side.

Bring her hands to table top position.

We go very horizontal from side to side, side to side. Excellent.

Now try to bring the hips. Forward, back. Forward, back.

Forward, back.

And let's connect all four points of our movement together.

So we're going to go forward, side, back, side, forward, Forward,

Side, back, side. Excellent. Your hips, when you're coming here,

you want to contract this area, your lower abdomen. Swing your hips forward.

Then when you go sideways, you see my hip is going more towards my right, my knees are soft. I'm going to send the hips back. Not completely here, but just slightly tilt the hip backward and then sideways. Okay, here we go.

Forward. Side, back, side, far, side. And give yourself the intention of starting to warm up the body. Get that blood flowing. Get that stagnant energy to start moving.

So you can enjoy feeling pleasure in all aspects of your life.

X.

Open my arms, bring both feet together and flip. So basically, we're really embodying here a transformation

as we're moving, as we're flicking. Oh,
activating the body, finding the enjoyment of connecting to our pleasure,
to our creativity. One more in case you're dizzy. Very good,
and breathing.
on to an inward figure eight. So what does it mean inward? Why do I call it
inward? Imagine that this is an infinite shape, right? So I'm bringing my hip in to
the middle and then down and up to the middle, down and up to the middle,
down and up to the middle. Let's try one hip. So all I'm going to do is soften
the knees, send the hip sideways, bring it up, Squeeze and tighten.
and down. Again, squeeze the center.
Expanding and contracting.
Very good. Infinite wisdom. Infinite creativity.
Bringing the hip down.
Down. Connect both. Okay, so both ears of your infinite sign. Pat don't know how my
fingers are going in. In. In. And if...
Breathe. And don't worry about having a perfect technique. Just worry about seriously
dancing with meaning, with intention from your heart, from your womb space so that
we can release anything that needs to get out of here today.
Nice, smooth.
Breathe the arms up
and exhale. Remember.
Remember we have the Marilyn Monroe stands for Mr. President, right? We have one
foot on the floor, your ball up, on the floor, your heel up,
and we're going to just create a happy face, a smiley face with your hip. One arm
is going to come up like the goddess that you are. One hip framing, one hand
framing your hip, and we're going to go forward and back. Do you see how my hip
is creating like a smile?
squeeze
nice and gentle and
think that as you're doing this your sacral chakra is thanking you for doing that
for releasing any stress anything that doesn't belong to us beautiful and from here
circling circle inward infinite
arms up feel all your chakra balance open activated as you relax gather it from the
earth breathing hexade one more gather from the earth bend knee
and exhale
place your hand
is flowing through me. Srin.
Thank you.