



Video Transcript

Belly Dance For Body Positivity

Hi, I'm Shlamee with Gaia Goddess, and today we're going to embrace our inner and outer beauty through body positivity. We live in a society where we're all the time dictated, how we need to look, what we need to have, what we need to do, what we need to think and so on and so on and so on and so on. And what happens is that when we look at social media or any type of media on how we're being dictated and what we need to be and how we need to look and then we look in the mirror and we compare between what we're being told and who we really are, we feel inadequate because we might be far from what's,

But how much are you expressing your inner authentic truths through the dance?

So today, I want to invite you to allow your unique glow to come out.

Shine like the gem that you are. Through the magnificent art of belly dance.

Let us

Then find your hips,

your feet under your hip. I invite you to inhale the arms up and exhale.

Set an intention for today's session.

Wonderful. From here, I want you to start rubbing your hand, create friction and energy. And I'm going to invite you to...

Self-acceptance, gratitude and appreciation.

Allow yourself to smile as you connect and give that love and attention and acceptance to yourself.

Excellent. Then breathe the eyes up again. Reach up to the sky and Exhale down.

We're going to start by bringing our arms up, both arms, and allow one hand to undulate down and accentuating your curve.

And the other arm is going to come down and up.

So let me show you what's happening with my hand. I'm bringing my wrist in. The more you practice, the more soft it becomes. And maybe you can even add a circle to it. So you can even imagine that you put your hand in a pot of honey and you're swirling slow, right? The other hand.

We're going to breathe the arms up. One arm is going to come up. I'm bringing onto the ball of my foot, soft knees. And I'm bringing...

Bring the hands down and then see if you can bring both head down allow your body to very softly and naturally move breathe letting go of any inner critic that doesn't serve you just focus on the feeling your technique does not have to be perfect

softening there again breathing and waves down Thank you.

my face, I'm going to caress myself through waves.

Same technique with your hands. Heal valley, heel valley, heel valley, heal valley, caress down. Take it slow.

Tell yourself good things and

tell yourself how much you love yourself, How much you care about yourself.

You can forgive yourself.

Ah, self -love. Self -acceptance. Switch the other way,

knee coming front, toes, pointed, arm up.

Undulating down.

Celebrating your body with positivity.

weight towards the right front and then bring that hip back your weight is more towards the back then lean that hip to the left front and bring it back to the right and back to the left and back and pay attention how my knees are soft and then try to make it natural as it goes

your infinite beauty, your infinite light. You are all light before you're even body.

You are all glowing. You're all light. And allow your hips to move.

Breathe. And then let's bring our hands to our hair. Why don't we play with our hair a little bit? And just allow your goddess self to come up.

Pay attention.

And breathe in. Exhale. We're going to move on to a dance movement called Omi.

This one is actually brought from Hawaiian, from Polynesian hula dance. So how does it look? You're going to imagine that you have three points. One, two,

three. So you're going to squeeze point one, which is your hip bone right here.

Squeeze point two, look how my knees are bent and then send the hips back. One, two, one, two, squeeze, squeeze, squeeze, release, squeeze, squeeze, squeeze, release back, squeeze, squeeze, squeeze, squeeze, squeeze. Perhaps your glutes are also lightly squeezing here. Most of the work is happening here, okay, in our womb space,

Omi.

And let's see if we can turn our palms up, open your heart, take it in a circle.

So only my right foot is moving, my left is in place. And I'm going to circle and I'm going to open my heart and let myself glow as bright as I can.
Let your line shy.
Out of step. Again, don't get obsessed over the technique. Just think about the intention here of glowing your heart, of opening, of accepting, of self-loving, of just being who you are at this moment.
And again, circle in Ami. Let's put them all the moves together.
Waving the hands down.
Breathing in. Breathing, arabesque, caressing, loving yourself, other side. Amor, love. Excellent,
one more,
really,
dancing with and that's what matters.
Figure it backward.
Play with your hair. Even if you have short hair, you can just place your hands on your hair, on your head. If you have long hair, you can move it around, you can shake it, you can just hold it.
And then Omi.
Circle. Open your heart. Vulnerable to your beauty.
To your power. Other way. Circling.
Yes.
One more time.
Excellent. And take a breath in.
Oh, exhale. Again, breathe in. And feel yourself.
I wanted to give extra attention and love today at the beginning of this session. Send it even more love and even more gratitude. And I'm going to invite you to repeat this affirmation after me.
I accept myself
just the way that I am. I accept myself just the way that I am.
I am glowing. I am glowing.
I accept myself just the way that I am. I am glowing.
Thank you so much.