



Video Transcript

Belly Dance With The Elements

Hi, I'm Shlomit with Gaya Goddess, and today we are going to belly dance inspired by the elements of nature, water, air, fire, and earth. This is a great creative way to tap into belly dancing and making it feel more comfortable, more flowing. Also, it is a great way of connecting into your inner knowing and checking you with yourself. How are you doing today as every element can represent different ways of feeling and being with different qualities? Okay, so let's begin with setting an intention for today. Open your and slightly, breathe your arms up, pulps together, bring them forward in front of your heart center, close your eye, and just set an intention for today's practice.

Your intention could be anything that you want.

Now I invite you to stay there with your eyes closed, hands in heart center, and I want to invite you to tap into the element of water.

How does this element resonate with you today?

Now tap into the element of air.

How is the element of air resonating with you today?

Now tap into the element of fire. How are you like fire today?

And tapping into the element of earth. How is Gaia resonating with you today?

Wonderful. Breathe the arms up. Taking this inspiration and exhale it out.

Let's start with the...

smooth water just allow your body to move smoothly and we're going to start with our first movement which is going to be our hip circles so i want you to bring your hips forward soft knees and hips back and again hips forward and back and just allow your body to move fluidly like water slow like water tapping in

and the other side

breathe now

try to make small circle relaxed water Circle the other wing,
and then back to big circles. This is called dynamics, right? We want to have small
and big movements, fast and slow movements, and other way.

Excellent. Slowly bringing the arms up, and we're going to create seaweed arms.

So here, think about bringing your wrists one to the other. Look, my hands are
parallel, one to the other, and my wrists are fluid. Again, you're seaweed. So how
seaweed can you be? And bring the hands downward. Let your hips flow however they
want. There is no specific technique here. Breathe. The important here is not that
your movements are perfect, but just that you're feeling the element. You're embodying
this element.

bringing wrists in, wrists out. Again, wrists in,

wrists out, wrist in, and down. Good, and we want to try not to cover our face in
belly dance because our eyes say so much about us and about our expression. So we
want to bring the waterfall up and up and then below the face, down And down,
and waterfall, beautifully elegant, and then. Let your fingers be flexible,
moving them in and out,

down. Again, seaweed arms.

Be like water, my friend.

Bring the seaweed arms down, and up, waterfall.

One, and two, and three, and down,
circle.

Maybe you can do seaweed arms with circle. Make sure your belly button is engaged
towards the spine so that you protect your lower back,
circling.

Nice. And one more time, water full.

Take a breath in and exhale.

Excellent. Moving on to our next element of air. Let's start with something called
Eagle Arms. So I'm going to bring my shoulders out and my wrists are going to
follow. My fingers are going to curl and my elbows and wrists are going to come
back. Pay attention that my hands are always either towards my body or the floor.

I never bring my hands up or in front. So eagle arms. One,

I'm going to do it slow. Two, three, four, one, two,

three, four, and Eagle Arm,

Eyes. Make sure that your shoulders are not shrugging here, right? Relax, your air,
you're flowing. You are a breath. And now Eagle Arms has three levels to it,
so we're gonna go low breathing,

One, two, three,

five, six, seven, melt down. One more time, one and two,

three, and four. Fly away, Glearns,

and breathe. Very good. Now bring waves of breeze of air in front of you.

So what am I doing here? Look at my wrist. My wrist is coming up. I'm creating

like a heel valley. Heal valley. Heal valley.

Try it with both hands. Heal valley. Try it with both hands. Heal. Valley. Heal.

Valley.

And then let the wrist come up and down. The more you do this, the more you see that the elasticity of your hands becomes more fluid.

And now think about bringing one wrist up, one wrist down. And imagine that you have this beautiful bracelet or ring. Maybe you got engaged and you want to show off your rings. You want to show off your jewelry with your friends, and this is the element of air, creating waves of breeze of air, because we are embodying the element of air now.

Nice. And bring it up. Maybe you can lean slightly back and forward.

Back to eagle arms. One and two, three,

five, and down. One more time, one and two, three, and four,

up,

and down. Beautiful. One more move for the element of air. This is called the twist. So imagine that there is gushing air.

muscles here and then the other side push push push push breathe one two chest elevated one two one two one two one two one two one two one two now you might naturally want to do this with your hands right so try to keep them still use these muscles okay biceps shoulder muscles Bring them down.

Yeah,

twist it, and see if it can twist side to side.

Excellent, maybe you can take it in a circle even. Combining the water element with fire element, I mean, air element.

It is bringing up the fire in me indeed. And next, we're going to move into the element of fire. So shake it off.

And let's go into the element of fire. So we're going to Shimi. Shimi is the most popular belly dance move, as you know. Take a second to breathe in and tap into the fire in you. Maybe your passion, your creativity, what you care about.

Maybe anger, frustration, elation of joy, wherever your fire is today.

Soften your knees, right? You want to have about one to two fists under your hips.

Soft knees, and we're going to bring our hips. One, Two. Three, four.

One, two. Very good. Now, pay attention that you're not doing this. This is not it.

Talk your tailbone in. One, two, one, two, one, two, one,

two, one, two, one, two, one, two, one, two, one, two, one, two, one, two, one, two, one, two, one to breathe.

Shake, shake, shake, shake, shake. See how my knees are moving. My hips are moving.

My weight is distributed evenly between the balls and the heels of my feet.

Breathe are z -up.

Your fire. You are on fire, sister. Ah,

one more time.

Beautiful. Let's move this fire up, up, up, up, up, up all the way to our shoulders. So we're going to go. One, two, one, two. One,

two. One, two. One, two. One, two. One, two. Think about bringing your shoulders forward, not up and down, but forward. You see? One, two. One, dos. One, daus. One, dais. One, One, dos, one, two, faster, one, two, one, two, one, two, even faster. One, two, one, two, one, two. And let everything shake. Anything in your body that wants to shake, just let it shake. If you want, you can try to say, uh, feel yourself shaking, vibrating as fire. And bring it side to side. Other side. Other side. The hip, make sure you're breathing, the shoulders, and the hip, breathing, and spread that fire. Good job. Take a breath here. Ground yourself connect with Gaia earth we're gonna move into the element of earth we're gonna soften our knee and learn basic hip flicks so think about how the earth right now beneath us right is flat the floor is flat so that means that these hip flicks that we're gonna learn here have to be horizontal and flat as opposed to maybe lifting them up this is that Towards the earth, towards Gaia. Chest is elevated. Add a flick. One, da, one, one, da, one, da. Actually, flick, flick, flick, flick. Connecting with the earth. Bring the arms up. Feel, how can you be grounded today like the earth? how can you grow like a tree like a flower bring your hands in front of you crossing in front of the chest again we're never hiding our face we're bringing it in front shoulders down there is and framing oh enjoy Again, table top. One, two, three, four, five, six, seven, eight, one, two, three, four, five, six, seven, five, six, seven. Good, let's put all the elements together now, okay? So starting from Water, we're circling, fluid, seaweed arm. Bring your seaweed out down. Into waterfall. One more time, waterfall. Breathe. Circling And slowly going into the element of air. So we are in Siegel and Eagle arms. Ah, low, middle, and high, and exhale. Ah, let all that air out. Slowly turn it into the waves of your hands. Ow! And from here, the wind is blowing so hard that you start twisting. And that air is blowing so hard that it's igniting the fire in you. So, your shimmy, right? Pay attention that shimmy goes up and down, twist goes

forward and back, okay? Shimmy, shimmy, shimmy, shimmy, Shimmy, shimmy, shimmy,
shimmy,
shimmy.
Shoulders.
Fathar, thap, thap, thap. Bring it side to side. Let everything shake.
All the fire ignited in you.
And then at earth.
Maybe you want to add some arm movements.
Other side.
One more time, breathe in.
Exhale. Bring your hands to your womb space. And just check in with yourself within.
How are you feeling?
Check in with your heartbeat, the warmth in your body, levels of energy,
messages that your body are sending you today.
and I'm going to ask you to ask yourself what element did you resonate with the
most today
and joy
beautiful open your eyes breathe the arms up and exhale
thank you so much for dancing with me today see you in the next segment