



Video Transcript

Belly Dance For Flexibility

Hi, welcome to Gaia Goddess. Today, we are going to belly dance for flexibility. And we're going to look at this in three different realms, physical, mental, and spiritual. Now, before we begin, I just want to clarify one thing. There is a difference between people -pleasing and flexibility. expanding ourself to enhance the quality of our life and those around us. So always keep that in mind. Let us begin observing physical flexibility. When we allow our muscles to expand and stretch, get elongated, we are actually helping our muscles to get oxygenated through the blood movement in our bodies. We enhance the range of our mobility, which enhances the quality of our life. We can reduce pain. And very importantly, we can prevent injuries. And if we have an injury, then we are able to bounce back faster from an injury if our muscles and our body is already well conditioned in its flexibility. Additionally, when we continually engage in flexibility and stretching our bodies, we actually also relax our minds, relax the body. And so that also affects our mind's flexibility. So let's talk about the mind's flexibility. There is something called cognitive flexibility, which basically is thinking outside of the box. How can I find new and noble ideas or ways to solve problems by being flexible? If I can take a second to put myself in another person's shoes and see their point of view, I can reduce so much drama and stuckness in my life. If I can just be able to see the other and not just my point of view. And not just react when things happen, but actually take a second to Breathe. Take things in. See how things feel in my body, right? Pay attention to any sensations. Understand how things are coming up for me. Maybe something is triggering

me. Take a second to breathe and sit with it and listen within and see the other person's point of view. And that way we can enhance our mental flexibility.

So thinking outside the

And now let's look at spiritual flexibility. So allowing yourself to accept that the other might have different spiritual practices, different values, different belief systems. If we accept the other, actually that is the whole basis of creating peace in the world, reducing wars, accepting that the other is different than me, and just letting it be, and we can still be friends.

Additionally, the Tao says that the universe expands and contracts, expands and contracts. Our wounds are the microcosmos of the universe.

Think about it, they expand and contract, create vibrations. And so when in life we are,

And then later on, there will be another contraction. That's how life is. But there will be another expansion. Contraction expansion, contraction, extension. So if we can keep that in mind, we can stay more positive. And remember, you know what, the sun will always shine tomorrow. So with that, let us begin belly dancing.

I want to invite you to getting the body,

let's embody this. And after this, I'm going to invite you to journal, okay?

And when you journal, I want you to think where in my life could I use more flexibility in my physicality, in my mentality,

and in my spirituality. All right? So let's use body mind and spirit to steer all these thoughts and see how you can enhance your personal growth. So let's begin by dancing. If you haven't stretched yet, make sure to watch the warm -up video to stretch. We'll begin with a little bit of an arabesque move.

So I have one's foot pointing diagonal. My other foot is pointing.

See how my knee is coming forward. You don't want to have your knee out or in.

Here, my hips are forward. And I'm gonna start by taking an inhale. See, we're contracting slightly here and exhaling, expanding. Pay attention how my chest is elevated, tailbone tucked in, hands are expanding, and we're gonna start creating this eagle arms here. Breathe.

Let your chin get elevated. And what I'm doing here with my arms is bringing the elbows up and down. Elbows up and down, wrists follow.

Okay, let's try one hand. So elbow wrist, elbow wrist, elbow wrist. Elbow wrist, elbow wrist. The other hand, elbow wrist, Elbow wrist, elbow wrist, and put them both together.

Breathe with them. Feel yourself. See how my body is really stretching here.

Breathe with it. And you know what? Oh, how about we are flexible and we move our arms into snake arms? So see how while one elbow is up the other elbow is down and this represents being able to see another person's point of view excellent see if you can slowly come back down again contracting and the universe expands we have again eagle arms

Excellent. One more time. Contract.

Expand.
 And contract.
 And expand.
 Snake arms.
 Again, contract the cancel. Expand.
 And make yourself some snake arms. Breathe.
 One last time, contract and expand. Ah,
 beautiful. And from here, we're going to bring our both feet together and start
 allowing your hips to sway however way you want. There's no specific way of allowing
 your hips to sway, but pay attention to this arm movements. I'm gonna breathe in,
 feel as you bring your arms up, that your spine is elongating and stretching. So we
 breathe in, and then we're gonna cross the arms, bring them behind our head,
 next to our ears, and then downward. So let's do just the arms. Again,
 inhale.
 Excellent. Wow.
 allowing your spine to get elongate and then bring your arms crossed and down.
 One more time, inhale,
 cross and down. Okay,
 so as you inhale, think about how can I become more flexible in my life to enhance
 the quality of my life so we breathe in and exhale I got myself inhale bringing in
 the power of the universe and exhale one last time inhale and exhale let's put
 arabesque and arm extension together basically this we can call a sunset type of
 movement because you see how the sun sets right except for we do it in standard of
 the front of our body we're going to do it behind our body it's a little different
 variation here we go from the begin so start by contracting breathe in expand
 eagle arms snake arms even my gaze is upward to the sky in hope right hope for
 better days I can do this I can find solutions and be flexible
 contract expand
 sneak arms
 Good. Bring both feet together. Inhale, the arms up.
 And bring them behind your ears and down. I start swaying your hips. Inhale.
 Ah.
 Connect the breath, okay? Flexibility is all about relaxing into your breath.
 Again, breathe in
 and exhale one more time hi and relax excellent from here we're going to move to
 our next movement which another movement that works a lot of flexibility especially
 our hips flexibility okay we can start a lot of tension in our hips which is the
 contraction. And here we want to stretch them and expand them. So how it works, I'm
 going to have both my feet together and I'm going to pretend that there is a
 little stool here that I'm going to sit on very gently to the side. Here we go.
 I'm going to sit. Okay, so let's go from side to side. One, two,
 let's keep our arms open for now. One, two,
 Three. Now make sure that you are engaging your lower abdomen Talking it in like

they say belly button towards the spine and I'm not doing this I'm not sticking my tailbone out. I'm actually trying to stay vertical side to side. See how my chest is always elevated Shoulders in. I don't want to see this out. This actually hurts to do this. Sometimes when we become so flexible and our posture gets enhanced from flexibility, it actually hurts not to have a good posture, not to be flexible. So we're here, and we're going to sit on the one side, bring the arms and create little waves with your hands.

Very good. Other side, we're bringing them down. Not. and then wrist down. Wrists up, wrist down. Wrist up, wrist down. I always call this a heel and a valley. Hill, valley. See how? In belly dance we have a lot of articulation with the wrists. Okay, especially for those of us who are here in the computer, this is really good for you to work on this flexibility, okay?

And if you want to make it even more fun, you can slightly also move your hips. Other way, checka, checka, checka, checka, checka, checka, another way.

Beautiful, inhale the arms up. Exhale. Let's put it all together from the top, starting with our best. So we contract. Breathing in. Exhale.

Excellent. Back to contracting. We inhale, sway the hips in any way you want. Bring the hands behind your head. And down. And then inhale, and down.

From here, we're going to sit. Beautiful. Let your hands articulate other way. One, two, three, and four. Other side, now add a little hip twist here. Other way and back down, breathe in. And exhale, beautiful.

Let's continue with the flexibility of our hips. So slowly, slowly we're gonna create little circles called omi how does omi work see how it is from the side so omi requires from us again to contract and expand we're going to call this little circle a contraction so we're going to i want to invite you to tuck your tailbone in and out and as you tuck it think about squeezing your lower abdomen, your perineum, squeezing, and releasing. Contract, expand. Remember, your womb is so flexible. Your hips are so flexible.

Good, in and out, and then side to side. One, two, three, four, five, five, six, seven, eight. Now put all four corners together, so we're gonna go out, side, back, side, out, squeeze, side, back, side, and put it all together, breathe with it.

Ah, excellent, See how it goes from the side. Contraction, expansion, contraction, expansion, contraction, expansion. Excellent. And play with it.

And the other way, contract, expand, contract, expand, contract, expand, contract, expand. Inhale the arms up.

Let's use the same movement you did earlier.

Breathe, connect inward.

Excellent. Those were our little tiny circles Omi. We'll call them contraction. Now let's do big expansion circles. So I'll invite you to bring your hips back, side, forward, and side. All right,

so how does this work? from the side. I'm bringing them back, back. But you see, I'm not bending here. It's not this. My chest is always elevated. Even if my hips are doing something else, that's all about flexibility. So hips come back and forth. Back and forward.

Pay attention that my knees are always bent, and when I'm bringing my hips I'm going to tighten my abs to protect my lower back. Very important here. So back and forth, back and far. So let's put both together. We have contraction, middle circles.

And then expansion, big circles. Let your universe to expand and contract with your flexibility. and tiny and big. Breathe.

Last time, tiny and big. Ooh!

Good, and breathing.

And exhale. Let's do the other side. So tiny.

The more you contract your front, lower ab, the more articulated this movement looks like. Okay, and big.

Forward and again, tiny.

And big,

beautiful. And take a breathy.

Exhale.

One more time, let's put all the moves together. Then I'm going to teach you one more movement, okay? Here we go, starting from contraction.

Breathing, arabesque, snake -hines.

There is hope and contracting, expanding.

Again, there is hope, flexibility.

Beautiful, both feet together are we're gonna sit and wave. Sit and weigh.

Sit, chak -cha -cha -cha and Sit, check and cha -cha, and wave. Beautiful, and then bring the arms up. Make little tiny circles, and then big circles.

And other way, tiny circles, and big circles.

And then bring the arms up, inhale. And Bring them behind your back, sway the hips. Arms up.

And behind the back. Beautiful. And the last move we're going to do looks like

this. So again, working on the flexibility, I want to invite you to point your toes on the floor. We're going to bring the hands forward. So again, same waves with the hands, Okay, same flexibility of your forearms, fingers, wrists, and I'm going to come forward. Pay attention how I'm standing on one foot and this foot is going to bend and I'm going to keep the flexibility of my spine. I'm not going to curl down. I'm going to keep this flat as I come forward. Bring the hands down, down, Down, cross and then breathe in and wow surprise okay life is full of surprises that's where you're gonna stay flexible let's do the other side I'm pointing and breathing flat back chest elevated all the way as far as you can go hands cross in front of you like this You breathe in. Shaw. Other side. Nice and slow. Snake arms. Cross the hands. Breathing. One last time. Other side. Bend that standing knee. Belly button towards the spine. flexibility. Yes, I can. Yes, I can be flexible in my life and get unstuck. Yes, I can. Yes, you can. Here we go. Contracting. And inhale, nice and elevated. Contracting again, expanding. Sitting, making ways, other way. One more time, letting our hips to move a little bit here. Make it exciting. We can take it all the way here. Excellent, and then making circles, tiny circles. Come up and other side. One, two, four, breathe in. Ah, beautiful. And just stand here, open your palms, see how your body feels. And from here, I'm gonna invite you once again to go grab your journal and take a moment five minutes to free write what areas in my life could I enhance my flexibility in terms of physicality, mindfulness, and spirituality. Thank you so much for joining me today. See you next time.