



Video Transcript

Belly Dance For Pleasure

Hello, welcome to Gaia Goddess. Today, we are going to belly dance for pleasure. Who doesn't like pleasure? Pleasure is our birthright. We all deserve to feel pleasure in our lives. And for me, pleasure also has to do with the So in a moment, we'll also take a moment to check in with our senses. When we dance, we release neurotransmitters and endorphins that make us feel good. Our pleasure centers get activated. That's why always after a dance class, you will find yourself more vivid, more joyful, more energetic, more with life force. So today we're going to focus dancing a little bit with more free flow. And the purpose for our dance today is just for pleasure. It's not for performance to look good, to impress anyone. No, the mere birthright of pleasure that you deserve goddess. Yes, you do. So we're going to look at four qualities of belly dancing. And those qualities are waves, pendulums that has all kinds of figure eights, percussion. So hitting the beat in percussion, and then my favorite vibration. Finding the pleasure. Pleasure is of the senses. Take a second to pay attention what you smell, what you taste, what you see. See somewhere in your space, maybe a color or a shape that gives you pleasure and just focus on it for a second. If it makes you smile, allow yourself to smile. as you connect with your senses. Excellent, maybe some Vogue arms.

So I'm bringing them behind my head. In this way, open your heart, your shoulders, and allow your hips to sway, making waves.

Oh!

Bring those waves forward, maybe downward.

Beautiful. How about we turn in a circle and make figure eights with our hands with joy and pleasure?

Allow your head to move in a figure eight. So it would look like this. I'm going to bring my head one side and the other and one side and the other.

Just let your hair be wild and free for pleasure.

Excellent and relax. Turn around. Chest pendulum.

So I'm bringing it up, Down up, down up, down.

Now just from side to side, fluidly, like a pendulum going one and two, and one and two. Beautiful, and take a breath here.

Moving to the next quality of pleasure belly dancing, which is percussion. Think about it. You want to hit the drum, the beat of the drum, which time with a different body part. So let's start just with the shoulders.

One, two, up,

up, down. This is called seesaw shoulders. Up, down,

up, down, forward, forward.

Up, down, up, down, forward. One right time, up,

down, up, down, forth.

And up, down,

forth. Twist the hips. Hit the beat with your hips.

Faster.

Two, one, two. Flick forward, forward, forward, forward.

See how I'm also stepping with my percussion. One time my percussion goes forward, one time back. Three, two, one, go.

And as always, if you want to release any sound as you're moving, pleasure is a lot about sound. Forward, back, forward, back, far, back.

Other side, we're gonna step forward, side, forward, side, forward, side a little faster. One, two, one, two, one, two, one,

two,

hitting the beat with your body parts. Excellent. Take a breath in.

And relax.

Breathing

in. And then putting our next element in, which is vibration.

So in vibration, Shimi, we're going to start by bringing our knees to move one and the other, one and the other, and see how very naturally my hips are coming up and down, up and down, up and down. Fast, fast, fast, fast, fast, fast, fast, allow your hands to come into table tops, and allow your hands your whole body to vibrate it. Vibrate, you can let your sound out.

up on the balls of your feet, moving them and let your whole body vibrate.
Empower yourself, set yourself on fire of pleasure.
Beautiful, and take a breath in. And exhale.
Breathe in,
and exhale. Beautiful, and let's put all the different qualities together,
from waves to pendulum to
Caution.
Other side. One,
four, five, six, slow and
fast. Put your fire into it.
Beautiful and moving it to vibe.
And full of fire, faster,
high vibrational dynamics. Beautiful, and just let your whole body be free,
dance, jump, move, let yourself be free, let your pleasure sensor come to light.
Beautiful, and then stand here, breathe your arms up, pulse together.
Just stand here and quiet.