



Video Transcript

Belly Dance To Release Anger

Hi, I'm Shlamyit with Gaia Goddess. Today, we are going to focus on releasing anger through belly dancing. So we're going to pay attention to any pent-up yucky feelings of maybe frustration or anger that could be accumulated right hip pans up in our hip area, in our lower back, in our room area, sometimes also in our heart or our chest, shoulders. So we want to release it. Before we move forward, I want to invite you to think about something. Usually, when we feel anger or frustration, that is actually a secondary emotion.

So I want you to think, what is underneath Sweet.

One, and I want to invite you to add your arm. Two, one, two, one, two, one. Very good, add your breath. Ha,

ha, ha, ha, ha, ha. Very good. So think about that your hips are going side to side, side to side. And after going side to side to side, you're starting to ignite and move that stagnant energy that needs to be released, needs to be let go on. And side to side. Side to side. Side.

Excellent. Now, when it comes to feeling anger, sometimes what we just need is to set boundaries with certain people in our relationships, right? So let's look at this dance move. It's called classic Egyptian.

One, two, one, two, one, two, one. Excellent, and then add your arms. One, two, one. Pay attention, one arm is in an ear, and the other one is at about chest level, okay? So we go. One, two, three, four.

Very good, setting boundaries, Take it in a circle, to the back, to the side, to the front. Again, side.

Stepping into your power, moving forward fearlessly.

See if we can take it a few steps forward.
And back, back,
and forward. Stepping to your power, sister. and
out. We're going to move into some hip twist. Twits, twist, twist, twist, twist,
twist, twist, twist.
Releasing, shaking it all up. It's not worth it. It's not worth it.
It's just an emotion. It's not forever. It's going to pass. Let it transform.
Your hips are going to come forward, forward. Pay attention that my knees are bent.
Okay? I never straighten my knees as I twist my hips. That doesn't go together.
Excellent. Take a breath.
And exhale down. See how your mood is starting to slowly change. Feeling better.
More energized. Ah.
We're going to shake our shoulders. Another way of shaking, right? We can have
tension in our shoulders, so we've got forward and forward. And forward and forward.
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 two, one two, one two, one two, shake it even faster. Ah, you can release your
sound. Ah, let out all that frustration and anger. Wah, let it go,
feel free.
And slowly we're And let's start breathe. Down, down, down, don't, don't, da, da,
da. Give it to the earth. Again.
Down, down, down, down. Give it to the earth. I get. Shake,
shake, shake, shake.
And let it go. And allow your hair to sway. Sway. Be wild. Be a wild self.
Don't worry, nobody's looking.
Shake.
All off under your hair, your hip, your legs,
everything. Just release it, release it, release it. Despohate, espojah, espojta,
espojta, ha.
And then take a moment just to stand here in silence and quiet.
One hand on your heart, one hand on your belly,
free.
I invite you to follow after my words, I got this.
I got this.
I got this. Yes, allow yourself to smile from within and without.
You got this.