



Video Transcript

Belly Dance For Sensuality

Hi, I'm Shlomit with Gaya Goddess. And today, we are going to belly dance to awaken the divine feminine in us. Awaken our sensuality through nice and slow and smooth belly dance movements. Remember that The word sensuality comes from senses. So, as you connect with this movement, I want to invite you to pay attention to your senses. We'll take a breath in and exhale out.

Palms together, close your eyes, set an intention for today's practice.

I invite you to let go of that inner critic and just feel how you feel from inside. It doesn't matter how you look from the outside, just from the inside.

Connect to smell, taste, hearing, sight, and touch.

And breathe the arms up.

And exhale.

Wonderful, we're going to start just swaying our body, nice and slow, getting in the flow. We're not in a hurry to go anywhere, just being.

And from here, I'm going to invite you to simply move your shoulder. How much sensuality can you feel just from allowing your shoulders to move?

One by one. One by one.

And think about bringing one forward and back

And forward,

and back. Breathe with it. Release any sound that you need.

From here, we're going to go into the cat walk. So, what we're going to do is that as we step our left foot, our right shoulder is going to come forward and as we step our right foot our left shoulder is going to come forward okay so forward

and forward here we go let's start stepping with our left three two one nice and slow
connect with the goddess within you as you walk around your space looking at the colors feeling your feet touching the earth smelling
tasting looking around
From here I'll invite you to bring out your snakes, your snake arms.
So how does snake arms work?
Snake is one of the symbols of the goddess. So we're going to bring the elbows out. Wrist, elbow in, wrist in. Let the Fingers follow.
You don't want to bring your shoulder up. You want to keep that shoulder down, right? Elevated, powerful goddess, elbow out. Wrist out, elbow in, wrist in. Breathe with it.
You want to smooth it out. Now pay attention, I'm never having my palms sideways or up, or I always have my palm either close to my body or towards the floor.
So again,
breathe.
Ah, and imagine that from the middle of this snake, there is no poison, there is only blessings. Sensual blessings of pleasure.
Excellent, let's move to our other arms. So elbow come out, wrist, Elbow in, wrist in. Let the fingers follow.
Elbow wrist,
elbow wrist.
And now just let it flow. Again, paying attention that your hand is towards the body or towards the floor.
And then see if you can move both arms. So pay attention that when one elbow is out, the other is in. Do you see? It's like the teapot. So, in and out.
In. I like to let also my spine move as I do this movement. You let me focus even more into it. If you want, close your eyes and feel the flow of the snake.
And you can say it with me.
Nice and slow.
Bring it up.
Let your torso move with freedom.
Breathe.
And bring it down.
Again, walking in catwalk. So my hands are in tabletop position here.
Let your shoulders move as your feet move. Come in front and sneak arms.
From here, we're going to bring our arms forward into elegant arm rolls. So we're not doing this type of our rolls, but we're doing this type of arm rolls. So think about your wrists are soft here. Pay attention that I have wrist fingers up.
And then the arm on top, my wrist is bent, my fingers are down. And then I switch and switch. And switch and switch. And I create this beautiful long,
Elegant arm roll.
I'm not in a hurry. I am slow and sensual. Upward. And then bring them downward.

Let your hips sway naturally, however they want to sway. And upward.
 Again, downward. And maybe you can actually bend your knees. See how my knees are bent? Bend and up and then keep your elbows elevated, okay, strengthening our arms here. Breathe with it. Yes, goddess, you got it.
 Breathe.
 And again, go on a catwalk. Catwalk, catwalk, Cat walk. Cat.
 Snake arm.
 Elegant arm rolls.
 And then we're going to bring one hip is going to cup. One hand is going to cup your hip. the other arm is going to come up. You see, my weight right now is on my right. I have this on the ball of my foot, and I'm going to think about circling my hip forward. So imagine that your hip is a wheel, right? Maybe a wheel of a car. A beautiful sensual car, of course. And we're going to circle the hip up, forward, down. Now pay attention that your oblique muscles, your transversus abdominis, they're all squeezing as you bring your hips forward. Squeeze, quit. You can circle your hands also. Nice and slow, bring, and then switch other sides.
 Circle, circle forward again. You can even use your finger to help you follow the movement. Circle the hair.
 Circling and circling.
 One more time, take it on a catwork. Let's put all of our movements together. Oh, and you know what? Maybe you can add your snake arms As you're doing your catwalk, so we're a snake cat. Ooh, playful, sensual and playful. Let your snake arms now go from side to side, nice and big, nice and extending and expanding into elegant arm rolls. Bring them down and bring them up, and down and up and then circling the hip surf surf and back and then bring your hands up Eekshy Excellent.
 Give yourselves a nice sensual loving hug.
 And repeat after me, say, my sensuality is free.
 My sensuality is free.
 My sensuality is arms up. Three.
 Thank you, goddesses.