



Video Transcript

Belly Dance For Womb Connection

Hello, I'm Shlomit with Gaya Goddess. Today, we are going to activate and ignite our womb, our womb power. Unfortunately, there is a lot of anger or shame or trauma that is stored in our womb space. So today, through empowering belly dance movements, we're going to make sure to get that stagnation, release, and start letting your whole body vibrate and get alive for sensuality,

pleasure, and all the good things such as creativity. So I invite you.

Let's begin with breathing the arms up. Inhale, bring your palms together. Exhale.

Place your hands on your womb space. Take a moment to set an intention for this practice today.

Excellent. And then breathe the arms up with this wonderful intention in you.

Start circling your hips. So our womb is our center,

our life forms, our woman's brain, and we want to activate it,

let it be alive. By circling, we're starting to let the blood flow, starting to

create heat in this area, and we're allowing the vibrations to get activated from

the womb space. So we're starting to circle. This is a magnificent organ that was

created for pleasure, for joy, for creativity, for creating in all areas of our

lives. Breathe with it and feel the pleasure of just circling the hips,

connecting to your portal to the universe.

Excellent, now let's move sideways and I'm going to invite you to tilt your hips

forward and back, and back and forward. Very good.

Just allow the hips to move. Allow yourself to be playful and joyful as you do so.

And let's allow some breath work to come in with it. So we're going to breathe in.

And in

and out. In and out. In and up.

Excellent. From here, we're going to turn this into the duck walk move. So the reason why this is called a duck, because usually dogs walk quack, quack, you know, they move their hips. So we want to create like a V shape on the floor. Your hips are going to tilt forward and then they will tilt leaning towards your left.

Forward, push and to the right. Let me show you sideways. Forward, forward, forward. To the right, forward, to the left. One, two, one, two. Keep your chest elevated, okay? we're not doing this, this is not it. We're isolating, right? This is the power of this ancient dance that we learn how to isolate different muscles. And let's bring it forward, see if you can even walk with it.

Strengthening our womb space, connecting, opening that magnificent divine portal that is within and every single one of you.

Very good.

Forward and back. And take a breath here.

And exhale. One more time, breathing.

And exhale. Excellent. To get our vibrations flowing, we are going now to learn three ways of doing shimi. So let me just demonstrate. We have African shimi.

And why this is African is because my weight is towards my heels. I am more grounded. If you always see African dance, African dance is more down to the earth.

So think about moving your hips. And this type of shimi is more about the hips.

You should be able to lift your toes underneath you. Okay. Tuck, tak, tak, tak, tak, tak, tak, tak, tak, tak, one,

two, one, two, one, two, one, two, and two. Excellent.

Now let's move on to Asian Shimi, so I'm leaning slightly more forward. My knees are more straight. They're never completely straight. There is always a macrobent in

it. And here we're focusing more on the movement of the hip, Sorry, of the knees rather than the hips, okay? So your knees want to move fast, fast, fast,

fast, fast, fast, fast, fast, fast, fast. But let's start slow, one, two, one, two,

one, two. And think about Asian type of dance is always more elevated, while African is more down to the earth, right? 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,

excellent. Feel your womb getting vibrations, getting activated, all the blood flowing, everything getting released and moved up and down all over your body. Back to

African end. African shimmy, You see, do you see the difference how it goes more towards the hips, right? And back to straight leg, Asian.

Straight knees.

And back to Africa.

Excellent. And now the third type of shimi, which we have done before in this segments, is the centered shimis. So Here, we focus both on the hips and on the knees. My weight is distributed between the balls and the heels, evenly.

And here I am shimmying. Let's start slow. One, two, one,

to pay attention to how my knees and my hips are moving. Breathe. Two,

one, two, one, Two, faster. One, two. One, two. Even faster.
That, that, that, that, that, that, that. Excellent. And remind yourself that you're not just the body vibrating. You are the vibration. You are a vibration.
Yes, you are. Allow yourself to release your voice.
very good take a breath here back to african belly dance african belly dance african shimmy
good asian straight leg
and centered listen to the messages from your womb what is it saying today What is being activated.
One more time. And Africa.
Down, down, down. Breathe. Yes, you can. Yes, you can. And Asia, straight knees.
Breathe.
Very good. And centered. Both hips and knees are moving.
Ow, and breathe the arms up. Take a breath, feel how your body feels.
Place your hands on your womb space. Feel all those vibrations and warm.
Breathe with it, excellent. Now we're going to allow our spine to undulate.
So how we do this, I'm going to invite you to grab your hand very simpler to push you. Push the hips, push the chest, push the head.
Push the hips, push the chest, push the head. Hips, chest, head, hip, chest head, hips, chest head. And now let it flow. Feel your spine moving like a snake.
Ah, moving everything like a snake. Connecting, tightening your womb space. Let it expand and contract.
Sending healing, love, and vibration. Let your arms expand. It doesn't matter right now how your arms are moving. Just Focus on the undulation of your spine and breathe.
Magnificent, take a breath in. Back to Dog Walk, remembering we go side, forward, side.
One, two, one, two, and back, two, one.
Excellent.
Again, tilting hips. Inhale, exhale. Inhale, exhale, exhale, hell, exhale.
Very good. Shimmies, shimmy, shimmy, shimmy, shimmy, center, shimmy. See if you can bring your hands up. Feel your power, expanding. Cross your arms in front of you.
Grab that wound power, ring it up above your eyes. Spread it out, create ripple effect. Excellent. African Shimi. Shake the hips.
Breathe it up.
And let it out.
Excellent. Now Asian Shimi, straight knee. Breathe in, gather all that energy within you. And let it come out.
Beautiful. Let's put it all together. So we're going to start from the womb activation.

Excellent.

And from here we're going to shimmy. Let's focus on shimmy -centered shimmy.
Now let me see if you can shimmy and connect your breathwork forward and back.

Forward and back. So breathe.

And add undulations.

It doesn't matter how it looks. It doesn't matter how perfect or not it is, just
let everything marinating you. Let yourself go. Let this take you into the realm of
your superpowers, of your intuition, of the ignition. And we are shaking.

We are breathing. We are swaying.

Yes, breathe with it. Breathe with it, a few more seconds, you got it. The more
you stay with it, the more powerful it is. Remember, you are not the body
vibrating. You are the vibration.

Nice, and then slowly, slowly.

Start,

connect with Gaia.

I invite you even to let your hands be flat towards the earth, gather the energy,
groundedness, place your hands on your womb space, soften your knees, tailbone towards
the earth, just stand here for a moment.

I personally can literally feel the vibrations in my womb space,
in my hand. Breathe deep. Now,

my dear goddesses, this practice may activate in you some intense emotions, maybe you
want to cry, maybe you want to laugh, maybe memories come up, that's all our womb
talking to us. So just listen and let whatever needs to come out, just come out.

Just stay here.

You don't need to go anywhere far. Your power is just within you.

Great.

And bridge the arms up.

Comes together.

Give yourselves a hug.

Give your woman hug,

and thank you for practicing with me today.