



Video Transcript

Belly Dance To Open Your Heart

Hi, welcome to Gaia Goddess. Today we are going to belly dance to open our hearts.

It's okay for us to be vulnerable, feel what we need to feel,

and express out our emotions. Some people might think that vulnerability is a weakness, but in fact, vulnerability helps you to strengthen your...

today with circling the chest. Okay, getting that movement steered.

A lot of us may hold a lot of tension in our chest and shoulders area. So please make sure that you have warmed up your whole body with our warm up video and allow your body to move freely. So what I'm doing here is I'm allowing my chest to move in a horizontal type of movement.

So I'm making a circle on the floor and I'm allowing my shoulders to move with it.

Okay? Forward back. Forward back. See how my chest gets open.

My heart expands as I allow myself to move in this motion.

I'm going forward.

See how my ribs are elevating. Going to one side and then almost like my spine becomes a little bit of a C shape here as my chest comes inward so that I can push it out again. Okay? Let's keep our hands here by our hips, framing our hips. We're going to breathe.

Shoulders to be loosened here as a circle.

Forward and back. Forward and back. Like you're drawing a circle on the floor.

So just to clarify for you, what do I mean by a horizontal chest circle and a vertical chest circle? So a horizontal would look as such,

as I just showed you and a vertical would look as such. If I had two pencils on my naples, they would draw a circle in front of me. But when I'm moving in a horizontal way, I'm circling on the floor.

Okay, so that's the difference. So today, for our choreography today, we're just sticking two circles that are horizontal.
 Beautiful, from here, our pelvis and our heart are directly connection,
 and we're going to start moving our pelvis in circular motions as the movement called Omi. Okay, so I'm contracting my lower abdomen,
 bring the hips to the side and back and releasing circling same horizontal type of movement as we did with the chest breathe ah circle beautiful let me show you how my knees are moving
 see my knees are always bend and soft, soft heart,
 soft knees. And now let's combine them both. So we're gonna circle the chest,
 circle the hips. And chest and hips. And chest and hips,
 try to isolate if you can the movement of the chest and the movement of the My hands are in table -top position, relax, try not to move them too much,
 right? The magic of belly dance is isolations as much as we can. So again, circling the hips, the chest, the hips,
 the chest, the hips, the chest. The hips and the chest. Try it to one side.
 We're going to Reverse the circling. Circle. Chest hips.
 Chest hips. Chest hips. Chest. Other side.
 And chest hips.
 Enjoy opening the pelvis and the heart as one.
 Beautiful. And take a deep breath in.
 Exhale out of. One more, take a deep breath, open your heart.
 Exhale, give yourselves a hug.
 And then bring the arms up, let your butterfly fly.
 Magnificent. Next move, we're going to bring, lift our chest in a little bit of a different way. we're going to create a V shape. So think about it, a V goes like this. One, two, one, two. So I have two diagonals.
 My chest is gonna go to one diagonal and to the other. Down,
 side. Down, diagonal. Down, diagonal.
 Breathe with it, okay? Exhale, you can exhale as you bring your chest down and inhale as you lift your chest to this point to this point to this point and this point okay again let's look at how this is different than a chest slide right again this is all about opening the heart a chest slide is just going to be horizontal I'm just going to on one parallel to the earth I'm going to slide my chest.
 However, a V -shaped chest lift goes first down to lift up.
 Down to lift up. Down to lift up. So we're going to go. One, two.
 One, two. One, two. Make sure your knees are soft,
 tailbone down towards the earth. Breathe. one two
 excellent everyone enjoy it opening the heart keep going you got it
 great and shake it off let's go from the top circle the chest and the hips chest
 hips, chest hips, chest, hips, chest, hips,
 chest, hips, chest, hips, chest, hips. The V, one,
 two, three, four, five, six, seven,

eight, excellent. See if maybe, you can bring your arms up even more open heart.
Breathe.

Try to keep your arms isolated as you lift your chest in a V shape.

Make sure you're breathing.

Take a breath in and exhale out of. One more breathing.

And exhale. We're going to learn a special move sequence that looks like this.

Omi, Omi, reverse up. Shimmy, shimmy of the chest.

Step back to create snake arms upward and forward.

Okay, let's break all those movements down. Started with Omi, okay, same move as we learned earlier. We are squeezing the front abdomen, releasing the hips to one side, back, side, and forward. Let me show it sideways, you can see.

See how I'm squeezing here, contracting, then releasing to bring my hips back.

Breathe with it. It's like a massage for your tailbone and your womb as you do this.

Keep going.

Nice. So we're circling. Let's choose one direction that feels more comfortable for you, more easy. We always have one side that feels more natural than the other, and that's okay. That's very natural. So we're So we're gonna circle, we're gonna do one, two, three, and then we're gonna undulate upward.

So how does that undulation look? Let me show you what my knees are doing. I'm going to circle, circle, circle, then push my hips up,

my chest up. See how my knees are starting to straighten up. Okay, again. Up,

sit, send hips forward, send belly forward, chest up.

Breathe. Let's just practice this.

Now my abs are contracting here so that I can bring the hip forward, lift the chest, and sit back down. Breathe with it.

Just this movement is like a meditation of the spine. A dynamic spine meditation that is connected with our heart.

Nice, so again, circling, oh me, oh me, Omi, Omi, Omi,

Omi, Omi,

and wave upward.

Omi, Omi, Omi, Omi, wave upward. One more time,

Omi, Omi, Omi, Omi wave upward. And when we get to the upper wave, we're gonna shimmy, shimmy, shimmy, our shoulders. Shimi is a very, very classical belly dance type of move. So how does it work?

Hands in tabletop position.

My palms want to push down, okay? You don't want your hands to shake. This is not about the hands. This is about isolating the shoulders. So I'm going to bring one shoulder forward and the other. Forward for it. Some people make the mistake of thinking that Shimi is about lifting your shoulders up. No. And that's actually exhaust.

One to one here, let everything shake. Anything you might have here and anything you

might have here. Let your breasts shake, everything shake be free, your wild, powerful self. Let it be free. Shake. And let's start to shake in and out.

And in,
Anna,
Annie,
and a, And in place. Shake, shake, shake, shake, shake, shake. Pay attention to your hands. See, I'm not doing this. I'm just shaking my shoulders. Freely. Beautiful. So let's put all these moves together. We're going to circle our hips. Circle, circle, circle, undulate up, shimmy, shimmy, shimmy, circle, circle, circle, circle, circle, undulated, a shimmy, shimmy, shimmy, shimmy. my chest and a heart are elevating and opening. I'm bringing my arms up, snake arms or Persian arms, you can call it. And I'm gonna allow myself, again, my knees are super bend right here. Okay, bend and bent. And I'm gonna allow myself to bend backwards and come Okay, and the reason why we want to bend our knees is because you don't want to hurt your back, your spine, right? It's not so much about the whole back bending, but use your feet. That's the trick, right? When you bend your knees, it looks like you're even more folded backward, okay? So we're coming back, breathe, And forward. Now what happens with my hands? My wrists are coming up and down. The knuckles follow. This is another very classical movement in belly dance. Snake arms. Pretend like you're showing off your rings and your bracelets and all this beautiful jewelry that you got, okay? So bend your knees, lift your heart. Inhale. help. Backward bend and back down and make a final pose. Let's do it again. Let's repeat it twice more, okay? So shimmy, shimmy, shimmy, shimmy, and backward and back down. One more time, circling the hips, wave up, shimmy, shimmy, shimmy, step back, bend your knees and down and make your final pose. Thank you so much for joining us. See you next time.