



The Healing Power of Bellydance

A Somatic Approach to Dance for Wellbeing

Course Overview

Keti's new course explores the profound healing effects of Bellydancing through its unique music, rhythms & movement. It culminates Keti's 30+ years of experience & research in the fields of Bellydance, Somatics, Fitness, Musicality & Movement Analysis. Seminar topics feature information & live classes to boost the dancer's personal healing experience. Learn to create your own personal Bellydance Program for Wellbeing, as you discover specific moves for rejuvenation. Discover amazing Somatic secrets to beat fatigue, feel refreshed & help you heal from the inside out!

"Mindful bellydance movement can be a powerful, life-changing tool for healing & transformation."

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Online Course with Keti Sharif

Content: 3 Part Course, with 15 x Video Sessions plus Ebook (with bonus Audio MP3) Featuring Seminars with Accompanying Bellydance Movement Classes. Total 4 hours.

PART 1 – A MODERN SOMATIC APPROACH FOR AN ANCIENT ART

1. Introduction – The Dancing Heart; My Personal Healing Journey
2. Bellydance as a Healing Art; Historical, Social & Cultural Contexts
3. Somatics & Mindful Movement; Sensory Pathways to Body-Mind Health
4. The Psycho-Physical Connection; Body-Mind Aspects of Movement
5. Understanding the ‘Chakra’ System as Key Endocrine Centres

PART 2 – HEALING THROUGH BELLYDANCE; FINDING RESILIENCE & FLOW

6. How Music-Movement Relationships Can Facilitate States of Healing
7. Rhythm, Footwork & Foundation; Gravity, Levity, Stability & Mobilization
8. Dancing the Elements of Earth, Water, Fire & Air
9. Relax the Nervous System with Bellydance; Find Fluidity, Flexibility & Flow
10. Energizing Bellydance; Boost Strength, Resilience, Confidence & Fitness

PART 3 – WELLBEING FOCUS AREAS & CREATING YOUR OWN PRACTICE

11. Upper Body Movement to Support Lymphatic Drainage
12. Specific Bellydance Combinations to Assist Fat Burning & Weight Loss
13. Trauma Support; Healing Through Somatics & Specific Body-Mind Techniques
14. Physical Limitations; Modifications for Specific Health Issues & Challenges
15. How to Create Your Own Personal Bellydance Program for Wellbeing

About your Instructor: Keti’s Somatic approach to Bellydance for better health spans three decades. Published author, creator of A-Z Bellydance and producer of countless cultural resources, she teaches students worldwide. This course references her Bachelor’s Degree (Middle Eastern Art History) and incorporates live music & cultural research, from over 20 years living in Egypt. Her studies and certifications in various modalities include Somatics, Knoff Yoga, AIFF Group Fitness, AAFA Perinatal Fitness, Jin Shin Meridien Therapy & workshops in PNI (Psycho-Neuro Immunology).

Course Cost \$90 USD. Available Online at www.ketisharif.com