



10 WAYS BELLY DANCING BRINGS MORE JOY AND HEALTH INTO YOUR LIFE!

VANESSA NIXON, TRADITIONAL NATUROPATH

Belly Dance is a cultural form of creative and ritual expression. It is an ancient practice with roots in the Middle East, Mediterranean, and Northeastern Africa. It turns out that it is also an excellent form of exercise not only physically, but mentally and emotionally as well!

Here are a few of it's many benefits:

1. Relieves low back pain/Improves posture

The isometrics, posture alignment, and muscle control used in belly dance movements help relieve and prevent back pain and improve posture.

2. Massages the internal organs

The focus of movement on abdominal and pelvic regions, massages and brings blood flow and tone to the area, resulting in better health of the organs situated there.

3. Improves coordination, flexibility and circulation

The choreography of belly dance includes layering multiple movements of various muscle groups, which improves muscle tone, coordination, flexibility and circulation.

4. Improves confidence

This form of dance is based on feminine, expressive movements that are designed to help you embrace your body as a woman. The freedom and sense of empowerment it brings is palpable.

5. Improves memory and brain function

Because belly dance movements involve isolating and layering movements of different muscle groups, it requires intense focus and concentration, which results in forming new neural networks in the brain, improving memory and cognitive function.

6. Improves Depression and Anxiety

Studies have shown that movement, creative expression, music and community can lift and prevent depression and anxiety.

7. Promotes positive Body Image

A 2010 study stated that “while research on various forms of dance has emphasized unhealthy body image influences, belly dance offers a counter-example, indicating broad and inclusive body image norms, lack of pressure for body image conformity, and high levels of body satisfaction among dancers.”

8. Helps women's bodies adapt to changes

Traditional belly dance movements were designed to help a woman's body adapt to the changes she navigates in life including menarche, pregnancy and menopause.

9. Prevents osteoporosis and strengthen bones

Belly dance is considered a weight bearing exercise because the woman is moving around on her feet, which can prevent osteoporosis and strengthen bones.

10. Benefits sexual health

Strengthening the core, abdominal and pelvis muscles results in better tone, blood flow and energy to the sexual organs of the body.

Join the Belly Dancers FB Group and learn how you can add joy and health to your life through belly dance!

VANESSA NIXON
TRADITIONAL NATUROPATH

Professional credentials:
Doctorate in Traditional Naturopathy
Master's in Herbal Medicine
Certificate in Aromatherapy
Certificate in Nutrition
Certificate in Homeopathy
Certificate in Reflexology
Certificate in Iridology
Professional Middle Eastern Dance Performer and Instructor
Founder and CEO of Natural Look Mineral Makeup



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In your Vibrant Mid-Life Breakthrough Session, we'll:

- Get clear on what's stopping you from experiencing true health and vitality
- Create your best next step toward moving into your vibrant mid-life
- Explore how we might be able to work together further

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