

Learn How To Belly Dance

Dance is a language expresses through movement that can express ancient rituals and contemporary modes, love and joy. Dance is often preformed as a couple, but dance can also be preformed solo. No dance evokes images of grace, beauty, and sensuality like that of the belly dancer, her whole body expressing mood. Perhaps the oldest form of dance in the history of our world, belly dancing originated thousands of years ago. While the exact origins of belly dancing may not be exactly pinpointed, one thing is for certain-- belly dancing is fun.

Belly dancing is preformed as a celebration, spiritual expression, communal bonding, and as enjoyment and entertainment. Since this form of dance focuses on the core of the body and uses these core muscles it is an excellent way to have fun and stay fit and to achieve strength and conditioning. Belly dancing is healthy and live affirming! If you want to master this challenging art, the best way to learn is to take classes from a trained belly dancer. Another good way to learn is through instructional belly dance videos or DVDs. Find these videos at Bellydancingvideo.com. Here, you will find all the information you are looking for about the history, traditions, styles and techniques of belly dancing. The videos are a comprehensive look at the foundations of this form of expression and are made for the beginner and the experienced dancer or the instructor looking for auxiliary materials.

In the privacy and comfort of your home, you can learn, practice, and perfect the art of belly dancing. Invite friends to share in the fun and creativity; enjoy friends and get fit at the same time.

Perhaps the best aspect of belly dancing is the costumes. They accentuate the dance and the dancer. Costumes are designed to bring focus to the arms and body core, torso and hips, the most important body areas for this dance. Typically, a belly dancing costume is the harem pants, scarves and bejeweled bra. These traditional costumes can be compiled from articles you already own, such as long skirts and bathing suit tops. Belly dancing costumes are fun as well as beautiful; they are colorful, and graceful. They can be complimented with coin belts and finger cymbals. All of these articles are reasonably priced and available online at: bellydancingvideo.com. Give belly dancing a try. You may be surprised at what this brings to your life.

About the Author

Learn a traditional and beautiful form of dance. <http://www.BellyDancingVideos.com> sells instructional [belly dance videos](#) and DVDs for all levels of students. Learn more by watching [belly dance video clips](#) online.

Source: <http://www.tntarticles.com>