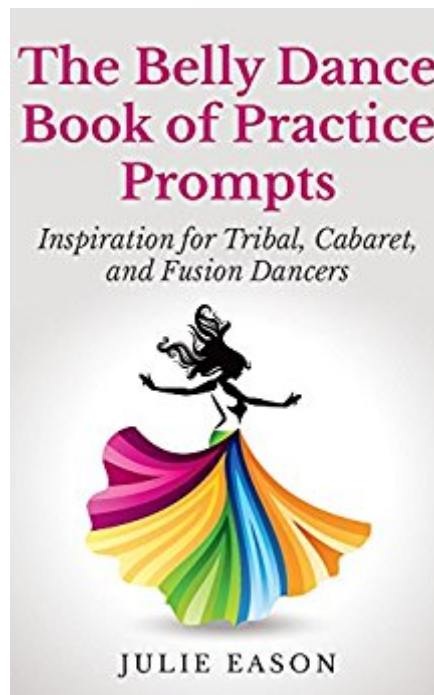




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# The Belly Dance Book Of Practice Prompts: Inspiration For Tribal, Cabaret, And Fusion Dancers



## Synopsis

120 Inspiring Ideas for Your Belly Dance Practice If you're hungry for new ways to practice, you're in the right place! Do you wind up practicing the same old moves over and over again? Or do you feel stuck at your current skill level and just don't know how to progress any farther? Belly dance is so rich with possibilities for creative exploration, for sisterhood, and for better fitness. Whether you're a beginner, intermediate, or professional dancer, you can bring greater depth and dimension to your dance when you practice with intention. This book will help you find a different intention every time you practice. You will expand your movement vocabulary, build stage presence (even if you never step on a stage), improve your coordination and grace, and have more fun dancing. "The Belly Dance Book of Practice Prompts" helps you: Improve your movement vocabulary Work alone and in groups Develop emotional depth in your dance Perfect your stage presence Build a regular practice habit (even if you're super busy) Stretch those dance muscles in your mind and find joy in your practice. Over \$50 worth of BONUS GIFTS INCLUDED! It doesn't matter whether you're a beginner or professional ... It doesn't matter if you dance tribal, cabaret, fusion, or folkloric styles ... It doesn't matter whether you perform for thousands or just your cat ... If you want more from your belly dance practice, this book was written for you. "Julie Eason is a one-woman fountain of knowledge!" "Princess Farhana" "My head has been on fire with new ideas and projects. Yipee!" "DeVilla" "Julie is fun, funny, and really really smart." "Alia Thabit" Are you ready to get started? Scroll up and order your copy now!

## Book Information

File Size: 1750 KB

Print Length: 132 pages

Simultaneous Device Usage: Unlimited

Publisher: Thanet House Publishing; 1 edition (November 30, 2015)

Publication Date: November 30, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B018RWIYPK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #328,377 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9

in Kindle Store > Kindle eBooks > Arts & Photography > Dance > Reference #53 in Books > Arts & Photography > Performing Arts > Dance > Reference #42346 in Books > Humor & Entertainment

## Customer Reviews

This may have great ideas...but it is a skinny book with big a big letter....not much content and I did not feel like there was anything new. sorry.

The book gives you a website in order to download your bonuses but the website is broken. I havent had a chance to read the book yet but i am very bummed about that part.

At first I thought this was going to be too basic and simplistic for myself as a teacher and performer of 25+ years, but I did find as I went through it that there were really good ideas that got my creative energies going again. Definitely great ideas to share with students too! There are also some nice added bonus features on line that come with the book.

This book was just OK for me. As a belly dance instructor I am always looking for new ideas. One of my students sent me the link to this book and I thought I would give it a try. It has some good ideas and prompts - for me I felt it would be more for a beginner just trying to come up with ideas to build their confidence in their dance.

This book is great for when you're struggling with what to do for practice time, or if you're just burned out with your regular routine. It's an easy read and a nice resource for not just belly dancers but any dancer looking for a creative boost!

Very nice book for belly dance students and/or instructors. Nice ideas for enhancing our practice.

I thought it would provide step by step how to get into practicing at home .. instead it gives you suggestions on doing your practice different.

This book is filled with fun ideas to help get you started in your practices. I will pass it on to my friends

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