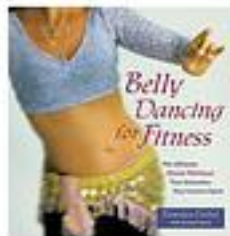


Belly Dancing for Fitness



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著者:Dallal, Tamalyn/ Harris, Richard/ Marino, Denise

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GET IN SHAPE * HAVE FUN * TAP YOUR INNER BEAUTY Packed with over 250 step-by-step photos and easy-to-follow instructions, *Belly Dancing for Fitness* offers you a quick and enjoyable way to learn all the basic belly dance movements, including: slide * circles * twists * shimmies * undulations figure eights * traveling steps * snake arms World-renowned belly dancer Tamalyn Dallal shows you how to combine movements into spontaneous, creative dance routines that transform your physical, mental and spiritual well-being. The eight-week program in this book helps: * Burn fat

* Tone abs, hips, thighs and arms

- * Release stress
 - * Improve flexibility and posture
 - * Enhance your creativity and femininity
- Belly Dancing for Fitness also offers fun tips on veils, hip scarves, costumes and finger cymbals; touches on the history of belly dance and Middle Eastern music; and provides recommendations (and ordering information) on the best workout CDs.

作者介绍:

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