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By Alia Thabit

Dance Art Press, 2017. Paperback. Condition: New. Alia Thabit (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Belly dance and its music arise from an Eastern ethos of feeling, improvisation, and joy. However, it's hard for Western dancers to discover these principles--and even harder to embody them, steeped as we are in an aesthetic of appearance, choreography, and perfectionism. All arts grow and change, that's part of their nature. But in this case, there are surprising advantages to embracing the Eastern way, including brain health, trauma healing, and a connection to the Divine. Join Alia Thabit, an Arab-American dancer with forty-five years of experience, as she reveals the secret soul of the dance--and how to make it your own. Find resources and learn more at.



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