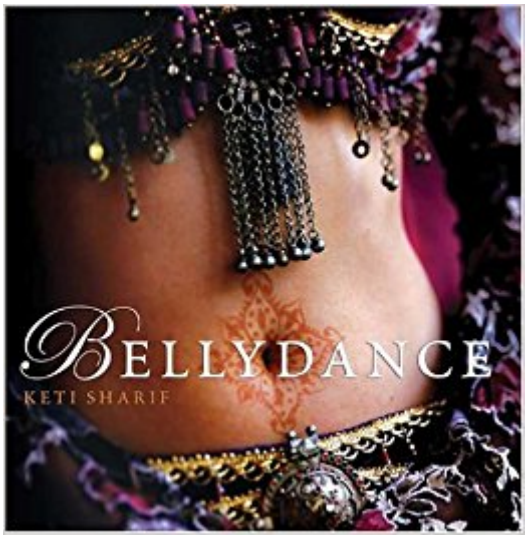
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Bellydance: A Guide To Middle Eastern Dance, Its Music, Its Culture And Costume



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Synopsis

For those wanting to shake and shimmy their way to a firmer body, this comprehensive guide to belly dancing offers instructions on how to make the most of the hot belly-dancing-as-fitness trend. In addition to guiding the dancer to a trimmer waist, this how-to book helps put women in touch with their sensuality through the alluring moves of this ancient dance. Specific guidelines for pregnant women who wish to stay strong throughout the nine months and regain their prebaby belly are included. The history and culture of the art is also explored with a celebration of the pulsating music and shimmering costumes that make belly dancing a joy to watch. In Cairo there is a saying: "Every girl is born a dancer." With this guide, all women can be divas of the dance.

Book Information

Paperback: 96 pages
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Customer Reviews

"Keti Sharif explains everything you need to know to get the benefits." -- Let’s Live"This beautifully constructed book examines the cultural and historical significance of belly dancing." -- Dancer Magazine

Keti Sharif teaches belly dancing and leads dancing tours and retreats to Egypt. She has been belly dancing since she was 17 years old and has studied with Egyptian choreographers and danced professionally in Cairo.

This book does give a lot of information about the history and culture of bellydance of different regions, and that’s great. However, the format left something to be desired. None of the information

was cited, and while I'm sure she knows her stuff, she could just as easily have made it all up. There were no concrete references to anything. They chose to make this book more of an art piece than an actual useful book because of the format. All of the pages are different color text printed over photographs that have been tinted a certain hue. I'd rather have had boring black text on white pages with real color pictures of the different drums and costumes and whatnot than an artistic close-up tinted and text-overlayed. I still don't know what any of these things are supposed to look like. I really was hoping for a more straightforward book with less philosophizing and unnecessary artsiness, and I didn't get that here.

The print is difficult to read on some pages...very light lettering that does not stand out well. Has some good historical information in it. Mine came with a Saver's price tag still on it, lol!

It pretty much covers everything. It's beautifully done with pictures. It covers history, dance steps, costumes, instruments, and music. Explaining dance steps in a book is not as useful as seeing it. Since it's a text book, I think it should come with a DVD. The same goes for zils (finger cymbals) and the various other wind and percussion instruments it talks about. Still very informative and reasonably priced.

Great book! I am a professional belly dancer and this book is a great read. It's not just a belly dance workout book. It has great history, facts, and BEAUTIFUL pictures. A must read!

This is a little booklet, nicely packaged in quality papers. At first I found it quite simple and might not be as comprehensive as I expect. Though the book does not have huge volume, it is precisely written with some basic facts and history about belly dancing. I particularly love the part which it introduces different kinds of musical instrument and rhythem used in belly dancing. The materials are easy to understand, clearly presented but it provides what I expect to know. A practical guide for belly dance lovers.

I fell in love with belly dancing when I was 18 a decade later and I'm still a fan. This book is an amazing read. The history and the empowering of woman through belly dance. Beautiful pictures.

Beautifully put together, moderate size and very portable, a simple quick easy read, very informative on the different dances (for men and women), use of Zils (finger cymbals) and the different rhythms,

culture, history and more!!! A great Buy.

I had to buy this book for my belly dancing class, and it's a great read. Very informative for someone who's just entering the belly dance world.

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