

WS Notes Khalida – 'B is for Belly' – WS Weekend in Holbæk, Denmark – January 2017

Hello dear all,

Below you will find a description of what we did during the workshop, a picture of the itunes playlist, and links to the group pictures of the weekend.

Best wishes, thank you again for being there. Hope to see you again soon!

Xx Kim/Khalida

www.khalidadance.com – www.movespiration.de – www.joyofmovement.de

You can sign up for my Newsletter via this link: <http://eepurl.com/tu4H1>

Workshop contents 'B is for Belly' - Bellywork

- * breathing exercise and AiM 'cogs' for range of motion and posture centering/joint release
- * warmup to music (Rohtelo)
- * exploring and activating the belly muscles (in circle) – from deep to surface level
 - diaphragm (deep exhalation for stretching, finding and releasing trigger points/muscle knots, strenghtening 'TaeKwonDo-style' with Ky-ap ('Kampfschrei') and anti-stress punching exercise
 - Hip flexors (finding and activating through resistance and release (lift knee and press against hands, leg parallel for psoai, slight turnout for illiacus)
 - Transverse abdominis activation (seated/lying on your back, legs lifted 90°, feel your back against the floor, try to flatten your belly completely (without holding your breath), then push knees away from you, and optionally slowly lower the feet too the floor – together or one by one)
 - Internal/external obliques activation (seated in 90/90 sit (variation of the 'mermaid sit'), roll over one hip, support your upper body on your elbow, reach out – COOKIES! - with the 'upper' arm until your hip comes off the floor – then repeat on the other side)
 - Rectus Abdominis (6 – or 8 – pack) activation and isolation of the different 'sections' (sit on floor – legs out in front, lean back slightly and support your upper body with your arms behind you – rolling the pelvis in contracts the lower portion, lifting/lowering the ribcage stretches/contracts the upper portion – then if you think of pushing out/pulling in the belly button from here you isolate the middle portion(s) of the Rectus Abdominis.

See this link for an illustration of the abdominal layers:

http://peakfatlossandfitness.com/uploads/3/4/5/0/34504677/9053768_orig.jpg

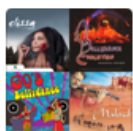
And the hip flexors (plus other anterior muscles of the pelvis)

https://en.wikipedia.org/wiki/List_of_flexors_of_the_human_body#/media/File:Anterior_Hip_Muscles_2.PNG

- * coin rolling/flipping exercise! (seated on the floor)

- * standing up: dance movements with attention to working with the abdominal muscles
 - hip and ribcage slides
 - hip circles (flat) with extra belly contraction (back portion) and glute activation (front portion)
- * drill with music
 - figure 8s with extra belly 'in'
 - figure 8 back - with undulation added in the middle portion
- * drill with music
 - belly accents (in and out – 'applause' – hitting your hand)
 - undulations, camels and bellyrolls
 - pelvic locks
 - deepening umi's/omi's
 - pulling the leg 'in' using the hip flexors
- * drill with music
- * bonus movements/layering/sequences
 - jewel (with variations)
 - waterfall (camel with a hiccup)
 - 'bow' (with a 'woowoowo')
- * short cooldown

Playlist picture 'B is for Belly'



DM2017_bellywork

11 songs • 46 minutes [Edit Playlist](#)

^	✓	Name	☁	Time	Artist	Album
1	✓	Rohtelo		4:05	Elissa	As3ad Wa7da
2	✓	Immortal Love		1:54	Paul Dinletir	Bellydance Evolution / Immortal Desires
3	✓	Oriental Mood		2:56	Various Artists	King's favourite
4	✓	Track 16		6:07		armen und handen
5	✓	Track 05 - range of motion ...		3:58		armen und handen
6	✓	misrlou - goele_short		2:31		Album onbekend (19/11/2011 21:37:06)
7	✓	Flo Rida ft. T-Pain - Low www.beetin.com		3:53	Flo Rida ft. T-Pain	www.beetin.com
8	✓	Track 02		5:24	Vários Artistas	Aswan with Souheir Zaki
9	✓	Baladi Accordion Piece		4:33	Nesma	Memories Of Cairo - Oriental Dance Vol.1
10	✓	Fakarouni		6:09	Nile Gypsies	60's Bellydance
11	✓	Sete Vés		3:45	Marcus Viana	Maktub (Trilhas e Temas de "O Clone")

Note: we did not use all the songs, mostly the first 3 for the different drills – Rohtelo was the warmup song.

FB group and free doubleveil video

I have created a (closed) FB group for dancers who work with my DVDs/online classes, where you can find updates on new releases and post questions/remarks here, plus a link to a free(!) 30-minute downloadable double veil class: www.facebook.com/groups/KDanceOnline

If you liked the pre-warmup excersises we did at the beginning of the class for extending your range of motion and 'centering' your resting posture: All this (and more) can be found on my newest **DVD** 'Drills and Conditioning - Healthy movement for deeper dance'

You can read a bit more information on, and a content listing of this DVD in my blog here:
<http://khalidadance.blogspot.de/2016/07/how-i-got-pain-free-part-3-dvd.html>

Upcoming events

My next upcoming workshops, events and performances are listed at www.khalidadance.com/schedule - More dates will be added in the coming weeks/months.

Best wishes, thank you again, and hope our dance (and life) paths may cross again soon.

xxx Kim/Khalida

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