

Flowing Energy Dance with B.B.

*Benefits of Vibration, Rebounding and YES shimmy dance!

Enhances digestion and elimination.

Stimulates metabolism.

Lowers elevated cholesterol and triglyceride levels

Reduces cellulite, stimulates Lymph
System

(Cellulite is frequently caused by a stagnant lymph system. By increasing

the lymphatic flow in your body, rebounding can reduce one of the main factors that lead to non-hereditary cellulite.) Metabolic-supporting exercise.

Lose weight and Keeps lost pounds off

Helps prevent emotional eating

Increases stamina to keep you going.

Helps you maintain stable blood sugar.

Burns calories

Has anti-inflammatory effects.



This is a helpful, handy, booklet to enhance your experience in my classes.



Let the rejuvenation begin!

- 1. Activating the chi/energy exercise Swing with hands in gentle fists. It is important to gently hit kidneys (lower back area)
- 2. Activating under the arm where the spleen and gall bladder channels are. This is the most untouched area of the body. Gently tap down, up middle of body, opening up the channels in the body.
- 3. Open up and draw in energy- Turning the stars and moving the Big Dipper.
- 4. This is the most important movement in the warm up. Get in Horse stance, bend the knees and bounce. This movement activates the chi throughout the whole body. We'll do for a few minutes but at home if you can do this for 5-10 minutes it will be highly beneficial.

- 5. Large hip circles
- 6. Neck circles slowly
- 7. Vagus nerve neck stretch, eye movement (*The Vagus nerve is responsible for the regulation of internal organ functions, such as digestion, heart rate, and respiratory rate, as well as vasomotor activity, and certain reflex actions.)
- 8. Shake hands- just from the wrists, do vigorously. This movement opens up the channels to the brain, all arm movements run up into the head. Do 20 to 25 times. Also helps creativity.
- 9. Shoulder stretch *especially if we add Wing Therapy™ see notes at the end of booklet.

Part 2: Belly dance steps and moves

- 1. Large hip circles in both directions with hopping
 - 2. Small pelvic circles
 - 3. Isolate hip circles in both directions
 - 4. Hip thrusts
 - 5. Infinity loop
 - 6. Undulations
- 7. Normal Shimmy, Shimmy 1, 2, 3 shimmy while walking, super shimmy.
 - 8. Las Vegas turn

- 9. Basic Egyptian step
 - 10. Grapevine step
 - 11. Kick step
- 12. Hand Movements, Open curtains, Close curtains, Flower hands on head, Self-Caressing, Pyramid hands.
 - 13. Free Flowing Energy Dance!
 - 14. If desired we can do E.F.T -

https://bbberg.wordpress.com/2022/09/19/free-e-book-free-yourlife/

15. Cool down with Somatic Breathwork





Introducing a new
Dance ~ Exercise Workshop
Wing Therapy™

B.B. Berg: Founder and creator of this new innovative Dance class is now available for classes starting mid September.

Offering classes to all suitable gyms and dance studios.



Wing Therapy™

A great cardio workout.

Whittles the waist.

Abs and core strengthener.

Increases grace and posture.

On a Spiritual level:

Increases Self Love, Self Esteem by making us feel Beautiful.

This method has a Unique way of Opening up our Heart Chakras and Embracing our Inner Child.

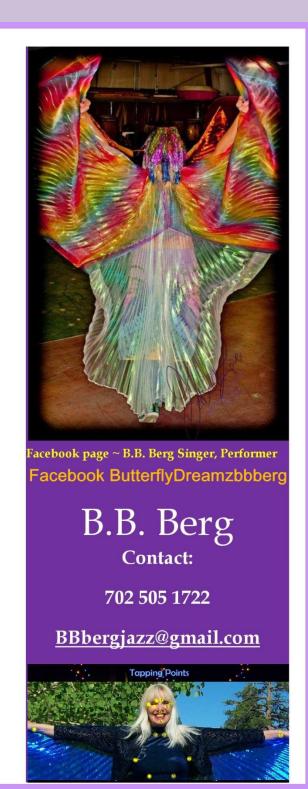
Oh...
Did I mention lots of Fun!

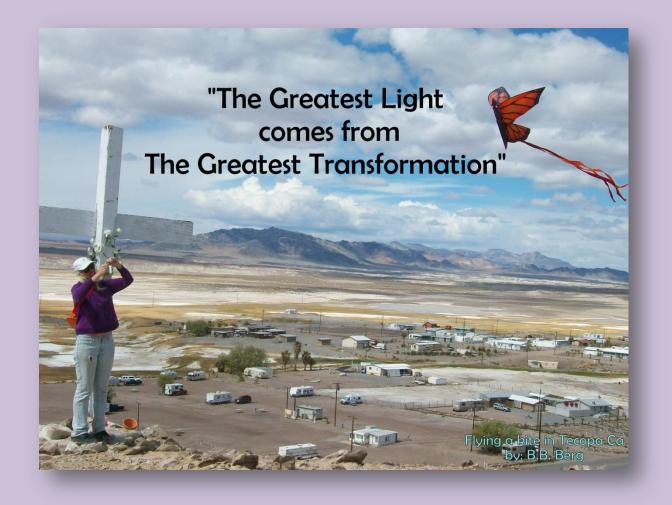
What do we do in class?

Deep Yogic Breathing Belly Dance and Tai Chi type Movements.

Swooping movements that literally cleanse our Auras & brings Oxygen and Light into our Chakras.

Music & Rhythm coordination. Choreography Cool down Mediations & E.F.T. (Emotional Freedom Technique)





bbbergjazz@gmail.com

https://www.facebook.com/B.B.Berg/

https://www.instagram.com/bbbergjazz/

https://twitter.com/bbberg

